

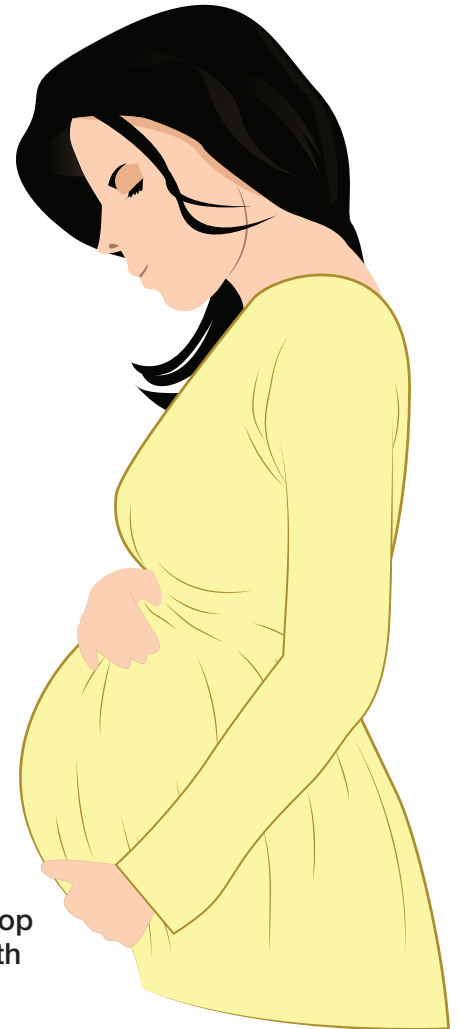
What you need to know about

Messages for pregnant women

Zika

Zika virus disease is primarily transmitted to people through the bite of infected *Aedes* mosquitoes, which also transmit dengue, chikungunya and yellow fever.

Zika virus disease can be transmitted from a pregnant woman to her baby during pregnancy.



Signs and symptoms



Symptoms most commonly include skin rash, mild fever, conjunctivitis, joint pain and swelling, as well as muscle pain.

Illness lasts 2–7 days.

Treatment



The symptoms of Zika virus disease can be treated with common pain and fever medicines, rest and plenty of water.

Pregnant women in general, including those who develop symptoms of Zika virus infection, should see their health care provider for close monitoring of their pregnancy.

Potential complications



Baby may be born with neurological disorder or brain abnormality

Baby may be born with a small head (microcephaly)

Baby may die in the womb (fetal death)

Prevention

- Wear long sleeves, long trousers or skirts to protect from mosquito bites.
- Use mosquito bed nets, including when sleeping during the day.
- Use mosquito screens on windows and doors.
- Apply mosquito repellent on exposed areas of the body, and even on clothing.
- People living in or returning from areas with Zika virus transmission should practise safer sex, including using condoms consistently.

