

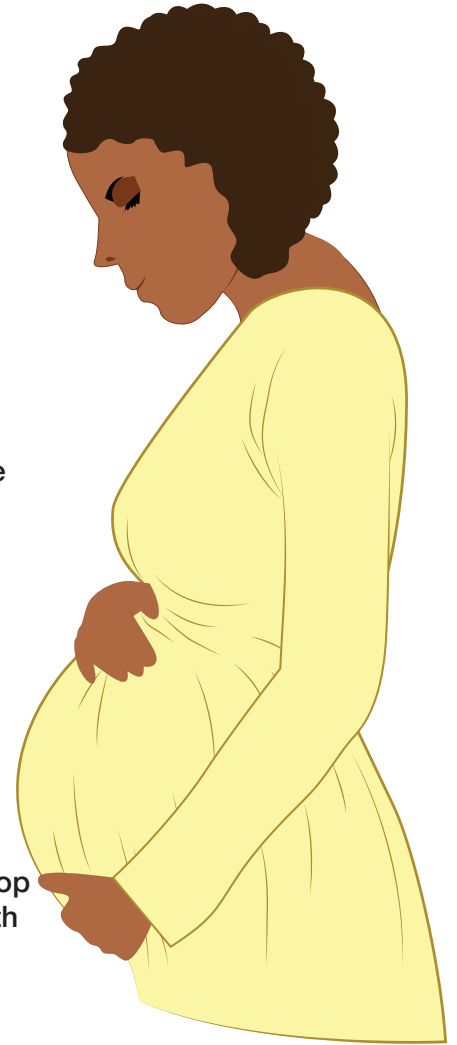
What you need to know about

Messages for pregnant women

Zika

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

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



Signs and symptoms

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

Illness lasts 2–7 days.

Treatment

The symptoms of Zika virus infection can be treated with common painkillers 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 and management of their pregnancy.

Potential complications

An unborn baby of infected women may be born with neurological disorder
An unborn baby of infected women may be born with a small head (microcephaly)
An unborn baby of infected women may die in the womb (fetal death)

Prevention

- Wear light-coloured clothes, 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 during the whole pregnancy period.
- Sexual partners, living in or returning from areas where local transmission of Zika virus is known to occur, should practice safer sex or abstinence from sexual activity for at least the whole duration of the pregnancy.

