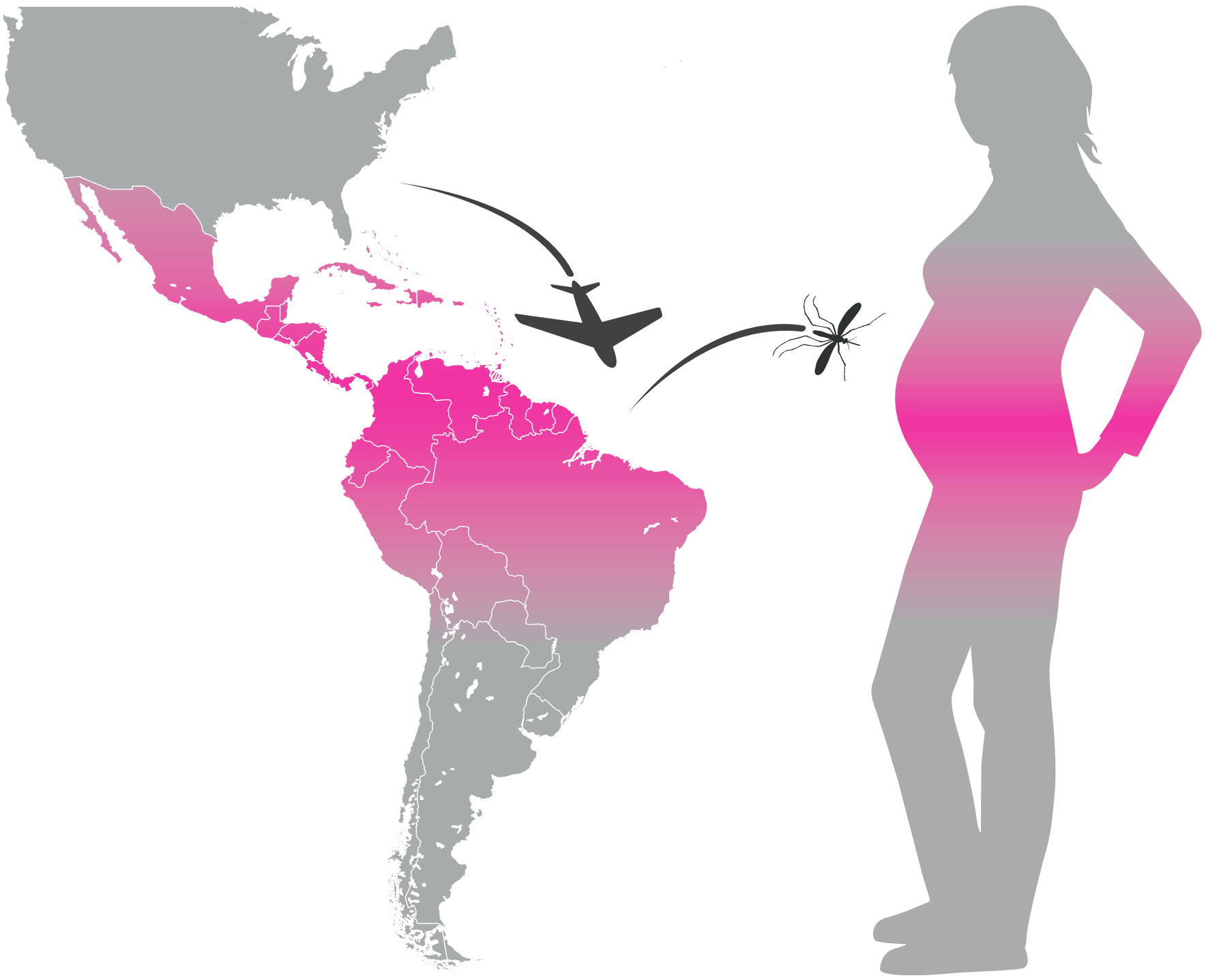
ZIKA VIRUS

Pregnant women should not travel to Zika areas.
Here's what you need to know if you *must* travel.



Before You Travel

Talk to your healthcare provider about the risks of Zika virus.

Learn how to protect yourself from mosquito bites.

When Traveling

Avoid travel to places where Zika is present.

Otherwise, use an insect repellent and wear protective clothes.

If You Have Traveled

If you are pregnant you can get tested.

Talk to your healthcare provider about Zika symptoms and your need for a test for the virus.

Get the FAQs on Zika Virus:

www.health.ny.gov/diseases/zika_virus/
Hotline: 1-888-364-4723

NEW YORK STATE | Department of Health