Pregnant women should not travel to Zika areas. Zika may cause harm to your baby. If you or your partner must travel, you should know:

Before You Travel
- Talk to your health care provider about the risks of Zika.
- Learn how to protect yourself from mosquito bites.

When Traveling
- Avoid travel to places where Zika is present.
- Otherwise, use an insect repellent, wear protective clothes, and stay indoors when possible.

If You Have Traveled
- If you are pregnant, you can get tested.
- Talk to your health care provider about Zika and testing.

If Your Sex Partner Has Traveled
- Zika can be transmitted through unprotected sex.
- If you are pregnant and your partner traveled to a Zika area, you should not have sex. If you do have sex, your partner should wear a condom correctly from start to finish.
- If you had unprotected sex during pregnancy with a partner who traveled to a Zika area, you can get tested.
- Talk to your health care provider about Zika and testing.

Get the FAQs on Zika Virus:
www.health.ny.gov/zika
Hotline: 1-888-364-4723