CDC Vital Signs
Zika Virus: Protecting Pregnant Women and Babies

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Zika virus infection during pregnancy can cause serious birth defects in babies. It can cause damage to the brain, microcephaly, and a pattern of birth defects that includes brain abnormalities, eye defects, hearing loss, and limb defects, known as congenital Zika syndrome. Babies affected by Zika may have long-term special needs and require support throughout their lifetime. That's why it's important to prevent Zika virus infection during pregnancy.

Pregnant women can protect their babies from Zika-related health conditions.
Avoid travel to areas with risk of Zika. Pregnant women or their partners who travel to or live in an area with risk of Zika should take steps to prevent mosquito bites. They should also use condoms during sex every time or not have sex during pregnancy.

Healthcare providers can educate families on Zika prevention, stay up-to-date on Zika testing and follow-up guidance, and support affected babies and families.

To learn more about protecting pregnant women and babies from Zika, visit cdc.gov/vitalsigns.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.