Zika spreads most often through mosquitoes. If you get Zika during pregnancy, you can pass it to your baby. It can cause a serious birth defect called microcephaly.

Protect yourself from mosquito bites:

✔️ Use bug spray or lotion.

✔️ Make sure your clothes cover and protect your skin.

✔️ Remove still water from inside and outside your home.

✔️ Stay in places that have air conditioning or screens on doors and windows.

✔️ Use mosquito netting and bed nets.

More information: marchofdimes.org/zika

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