

# Zika virus and mosquitoes



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](http://marchofdimes.org/zika)