Zika virus and pregnancy

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

Protect yourself and your baby from Zika:

1. **Prevent** mosquito bites. Zika most often spreads through mosquitoes.

2. Don’t have **unprotected sex** if your partner may be **infected** with Zika. If you do have sex, use a **condom**.

3. If you think you may have Zika, **tell** your **health care provider**.