

Zika & Pregnancy

What we know about Zika

Zika can be transmitted from a pregnant woman to her baby during pregnancy or around the time of birth.

Zika infection during pregnancy can cause birth defects (such as microcephaly).

Zika is spread mostly by the bite of an infected *Aedes* species mosquito.
Zika can also spread sexually.



If you are pregnant

Avoid travelling to places with Zika

If you have to travel, talk to your doctor before travelling to these places

Prevent mosquito bites (apply mosquito repellent on your skin, sleep under a mosquito net, use mosquito coils outside, wear long-sleeved shirts and long pants).

Use condoms with a male sex partner who lives in or has travelled to places with Zika



Common symptoms of Zika



Low-grade fever (<math><38.5^{\circ}\text{C}</math>)



Rash (red spots on the skin)



Muscle or joint pain



Headache



Conjunctivitis (red eyes)

If you are thinking about getting pregnant

Talk to your doctor before travelling to places with Zika

Prevent mosquito bites (apply mosquito repellent on your skin, sleep under a mosquito net, use mosquito coils outside, wear long-sleeved shirts and long pants).

If you develop the symptoms of Zika, see a doctor quickly



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For more information, please call Tuvalu Public Health Unit, Princess Margaret Hospital: 20480