

**Ladies,** when it comes to the  
**Zika virus**  
know your rights!



#ZIKA  
#FIGHTAEDES  
#ZIKAVIRUS  
#WOMENSRIGHTS

The decision to  
get pregnant  
is **YOURS!**

**Condoms prevent possible sexual transmission of Zika** – remember that both men and women should practice safe sex by using protection.

**The rumors associating vaccines with microcephaly are false** – vaccinations are a preventive measure that promotes and protects health. The recommended vaccines offered by your local healthcare provider are safe and effective.

**Mothers with Zika can also breastfeed** – mothers with a suspected, probable or confirmed case of the virus, during pregnancy or after birth, should receive professional support to start and continue breastfeeding, just like all mothers. In cases where the baby is or could become infected, breastfeeding should continue as normal.

# Women who are pregnant or of childbearing age should protect themselves from mosquito bites.

To prevent mosquito bites and reduce the risk of infection, PAHO/WHO recommends:

**During the day**, rest under mosquito nets .

**Wear clothes that minimize skin exposure**, such as pants and long-sleeved shirts.

**Use insect repellent.** Repellents with DEET (N N-diethyl-3-metilbenzamida), IR3535 (3-[N-Butyl-N-acetyl]-aminopropionic acid, ethyl ester), or Icaridine (1-piperidinecarboxylic acid 2-(2-hydroxyethyl)-1-methylpropylester) can be applied to exposed skin and should be used according to instruction. There is no evidence that any of these repellents, when used properly, are unsafe during pregnancy.

**Use mosquito screens** on doors and windows.

**Eliminate potential breeding sites for the Aedes aegypti mosquito.** Keep receptacles – such as water containers, barrels, tanks and cisterns – completely closed. Eliminate standing water in planters, bottles, tires, cans, roof gutters or anywhere rainwater can collect.

**Seek medical attention** if you develop symptoms of dengue, chikungunya or zika infection.



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