During your pregnancy, take these steps to protect you and your loved ones from the Zika virus.

- Protect yourself from sexual transmission. Consider abstaining from sex or use condoms correctly.
- Apply EPA-approved insect repellent.
- Wear pants and long-sleeve shirts.
- Use screens or close windows and doors.
- Remove standing water in and around your home.
- Cover trash cans or containers where water can collect.
- Avoid travel to regions where the Zika virus is active.

**TALK TO YOUR DOCTOR IF YOU HAVE CONCERNS.**

*Recommendations are based on emerging knowledge about Zika.*

**KEEP UP WITH THE LATEST INFO AT TexasZika.org**