

Children's National  
**Congenital Zika Virus Program**  
**202-476-7409**



If you are pregnant and you or a partner have traveled to a Zika-affected area or you have concerns that you may have been exposed to the Zika virus while pregnant, the Children's National Congenital Zika Virus Program can address your concerns and give expert guidance to provide you and your doctor an accurate and streamlined diagnosis and management plan. This program is the only clinical Zika virus program of its kind in our region.

Through the Children's National clinical Congenital Zika Virus Program, you will be cared for by top physicians leading the way in international Zika-related research, providing first-hand access to the latest findings to help guide you. The multi-specialty team provides:

- Streamlined blood testing
- Advanced fetal neuroimaging
- Comprehensive consultation
- Coordinated multidisciplinary diagnosis and management tailored to each individual

Our compassionate Care Coordinators will work closely with you and your doctor to streamline and coordinate all testing and schedule all follow-up tests as needed for you.

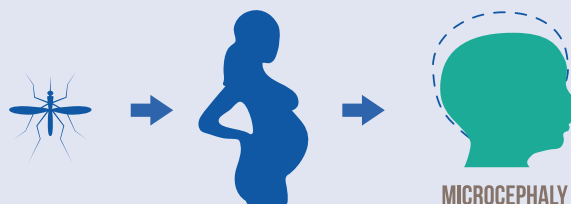
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**Our experts are available to answer any questions or concerns you may have about the Zika virus; please call the Congenital Zika Virus Program at 202-476-7409 or visit [ChildrensNational.org/Zika](https://ChildrensNational.org/Zika).**

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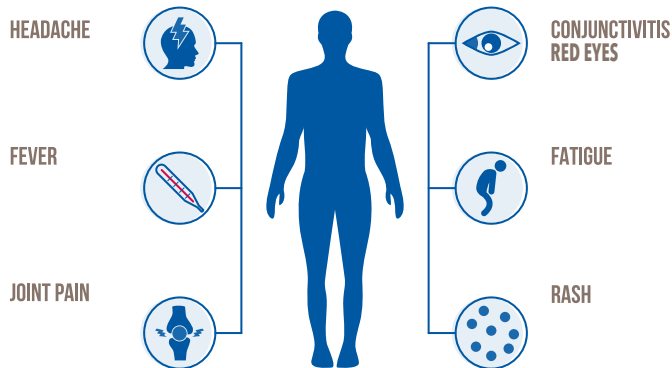
**1.6**  
MILLION  
**IN THE**  
**WORLD**  
**INFECTED**

ABOUT 1 IN 5 PEOPLE INFECTED  
WITH ZIKA VIRUS BECOME ILL

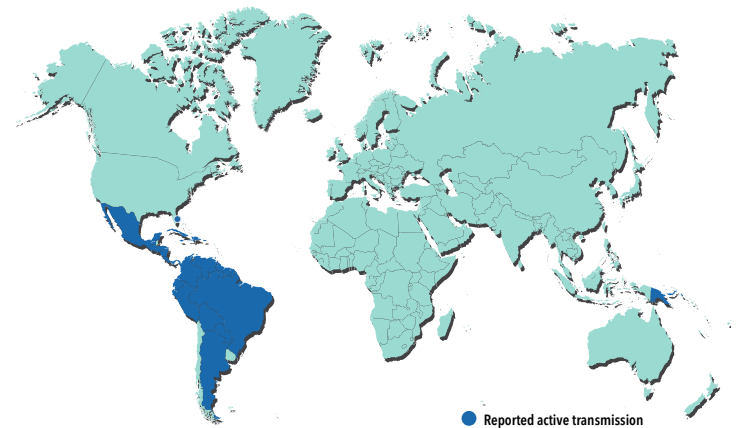


## THE ZIKA VIRUS AND PREGNANCY

### SYMPTOMS



### COUNTRIES WITH EVIDENCE OF ZIKA VIRUS TRANSMISSION



### PREVENTION

Use insect repellents



Sleep under a mosquito bed net if you are overseas or outside



Use screens or mosquito nets in window



Wear long-sleeved shirts and long pants



Empty containers that hold water



#### What is the Zika virus?

Zika virus is an illness carried by mosquitos that started circulating in South and Central America. Most people who are infected with Zika virus have no symptoms. If they have symptoms, they are usually very mild such as fever, rash, red eyes, or muscle or joint pain. People usually do not get sick enough to be hospitalized, and they very rarely die.

#### How is Zika virus transmitted?

Anyone can be infected with the Zika virus directly by mosquito bite in an area where there is active Zika transmission or by sexual transmission from an infected partner.

#### Is there a link between the Zika virus and birth defects?

Infection during pregnancy can be harmful to the fetus or the newborn. Zika virus has been associated with microcephaly, a birth defect in which the size of a baby's head and brain is smaller than expected. This birth defect is associated with developmental delays including trouble speaking, problems with movement and balance, hearing loss, and vision problems.

#### If I catch the Zika virus before my pregnancy, is my baby at risk?

We do not yet have recommendations about the safe period between infection and conception. However, once the virus is cleared from the blood, prior Zika infection is not thought to affect future pregnancies.

#### How can I prevent catching the Zika virus?

The Centers for Disease Control and Prevention (CDC) has recommended that pregnant women, or women who may potentially become pregnant, avoid travel to areas that have been affected by the virus, including a large number of countries in South America, the Caribbean and the Pacific Islands. Check the CDC website ([www.cdc.gov/zika](http://www.cdc.gov/zika)) for a complete list of current affected areas.

Both pregnant women and their partners should avoid mosquito bites, particularly if traveling to an area that has been affected by Zika virus. If your sexual partner has recently visited an area with the Zika virus or is infected with the Zika virus, abstain from sex or use condoms throughout your pregnancy.

#### If I am going to travel to an affected area, what should I do to prevent catching the virus?

Travel to an affected area is not recommended for pregnant women. If travel is completely unavoidable, talk to your doctor and take precautions to avoid mosquito bites. This should include use of EPA-registered insect repellents; wearing long-sleeved shirts, long pants, and hats to cover exposed skin; and maximizing time spent indoors in air-conditioned or screened rooms.