Zika Prevention Kit for Pregnant Women

The products below can help protect you from Zika. Use these items to build your own Zika prevention kit.

**Bed Net**
- Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.

**Insect Repellent**
- Insect repellent will help keep mosquitoes from biting you.
- Use only an EPA-registered insect repellent.
- Always follow the directions on the bottle.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.

**Standing Water Treatment Tabs**
- Use water treatment tabs to kill larvae in standing water around your house. Do not put them in water you drink.
- Always follow directions on the package.
- When used as directed, these tabs will not harm you or your pets (dogs and cats).

**Permethrin Spray**
- Spray your clothing and gear with permethrin to help protect you from mosquito bites.
- Always follow the directions on the bottle. Reapply as directed.
- Do not spray permethrin on your skin.

**Condoms**
- During sex, it is possible to get Zika virus from a partner who has Zika. If you have sex during your pregnancy, you should use condoms the right way every time.
- Not having sex eliminates the risk of getting Zika through sex.