

PREVENT / DURING PREGNANCY

ZIKA



Zika virus during pregnancy can cause serious birth defects.

Visit southhealthdistrict.com/zika



PREVENT / WHEN YOU TRAVEL

ZIKA



Use insect repellent that contains 20% – 30% DEET during your trip.

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PREVENT / INFECTION

ZIKA



Wear long sleeves, pants and socks to prevent mosquito bites.

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