



Zika virus transmission is ongoing. Pregnant women or women who are considering becoming pregnant who must travel to one of these areas should consult with their health care provider before traveling and follow steps to prevent mosquito bites:

Wear long-sleeved shirts and long pants.

Use EPA-registered insect repellents as directed.

Insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant and nursing women and children older than 2 months when used according to label.

Use permethrin-treated clothing and gear (boots, pants, socks, tents).

Stay and sleep in screened-in or air-conditioned rooms.

If you are pregnant and have traveled to a country reporting Zika, the CDC is recommending that you see your physician for counseling and testing. The CDC just released [interim guidelines](#) for pregnant women and their health care providers. Information and guidelines change frequently, so continue to check this CDC site if you are in an at-risk group. For general updated information on Zika, go to <http://www.cdc.gov/zika/>.

The University of Alaska will continue to monitor this global situation. Please contact Risk Services with additional questions or concerns.

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