

## **Mayo Clinic Minute**

### **What women need to know about zika**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Women, listen up. Here is information you need to know about traveling to areas where the Zika virus is known to be present.
<b>Mary Jo Kasten, M.D. Infectious Diseases Mayo Clinic</b>	“The major problem with Zika is if you get Zika while you’re pregnant.”
<b>Vivien Williams</b>	Dr. Mary Jo Kasten explains that mosquitos transmit the Zika virus.
<b>Mary Jo Kasten, M.D.</b>	“You might not get sick yourself, but there’s a very significant chance that your baby might be born with a small head or have other serious congenital problems.”
<b>Vivien Williams</b>	Dr. Kasten recommends women who are pregnant, or who might get pregnant, should avoid areas where there are Zika outbreaks. If you have to go to a Zika-endemic area, the Centers for Disease Control and Prevention says women should not get pregnant for eight weeks after their return.
<b>Mary Jo Kasten, M.D.</b>	“The other way Zika can be transmitted is through sex.”
<b>Vivien Williams</b>	The CDC also recommends that if a woman’s sex partner travels to an area where there are known cases of Zika, he should not have sex with her without a condom for six months after he returns.
<b>Vivien Williams</b>	For the Mayo Clinic News Network, I’m Vivien Williams.