

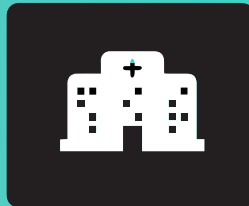


Government of the Republic of Trinidad and Tobago
Ministry of Health

Zika and Pregnancy

Zika during pregnancy can cause *serious birth defects*

Protect yourself:



See your doctor or attend clinic as early as possible



Sleep under a bed net



Use insect repellent



Eliminate Mosquito breeding sites



Wear light-coloured clothing with long sleeves and pants to cover up

For more information contact your nearest health centre or visit health.gov.tt/services/womens-health