About Zika

- Zika virus spreads through mosquito bites and sex.
- Zika is usually a mild sickness (fever, rash, joint pain, and red eyes) that lasts about a week. Many people have no symptoms.
- Pregnant women and women who might become pregnant should be careful not to get Zika because Zika can cause birth defects.
- Visit CDC’s Travel Notice page for up-to-date information about your destination before you make travel plans.

[cdc.gov/travel](http://www.cdc.gov/travel)

Download CDC’s TravWell App for destination-specific information and more travel health tips.
#CHANGEORITINERARY

Protect Your Pregnancy

Postpone Your Trip or Wait to Conceive

If you are pregnant:
- Zika can pass from a pregnant woman to her fetus.
- Pregnant women should **not** travel to areas with Zika outbreaks.
  » If you do travel, talk to your doctor immediately after you return.

If you are considering pregnancy:
- If you or a partner have recently traveled to an area with Zika, wait to get pregnant.
- Talk to your doctor about how long you should wait to conceive.
- Check CDC guidance: [cdc.gov/travel](http://cdc.gov/travel)
Avoid Mosquito Bites

Mosquitoes Spread Zika and Other Viruses

- Mosquitoes that spread Zika live inside and outside. They bite both day and night.
- Use an EPA-registered insect repellent with DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Wear long pants and long-sleeved shirts.
- Stay in rooms with air conditioning or window and door screens.

TIP

Apply sunscreen first, then insect repellent.
# USE CONDOMS
Protect Your Sex Partners

Zika Can Pass Through Sex

- Zika can pass from a man or woman who has Zika to his or her sex partners.
- Zika can pass through sex, even if the person with Zika does not have symptoms at the time.
- Reduce your risk: Use male or female condoms and dental dams every time you have sex (vaginal, anal, or oral) while you are traveling.
Zika Prevention at Home

- Even if you don’t feel sick, you could have Zika. Mosquitoes could bite you and spread Zika to others. Wear insect repellent for 3 weeks after you get home.
- Protect your partners: Keep using condoms for at least 8 weeks (women) or 6 months (men).
- If your partner is pregnant, use condoms or don’t have sex during the entire pregnancy.

Follow us for more tips on how to protect yourself during travel.

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