Protect your family from Zika!
Zika is a disease primarily spread by mosquitoes, but Zika can be passed through sex from a person who has Zika to his or her sex partners.

Know before you go
Learn about Zika at cdc.gov/zika. Find out if your destination has Zika, check the CDC Travelers’ Health site for current travel notices: cdc.gov/travel

Pack to prevent
• Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone)
• Long-sleeved shirts and long pants
• Clothing and gear treated with permethrin
• Infant carrier mosquito net (if needed)
• Bed net (if mosquitoes can get to where you’re sleeping)
• Condoms (if you might have sex)

Protect yourself
• Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
• Cover exposed skin when possible.
• Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you’re sleeping outside.
• Zika can also be spread through sex, so use condoms if you have sex.

STOP the spread
• Watch for symptoms after you get home.
• Call your doctor immediately if you suspect Zika.
• Use insect repellent for 3 weeks after travel.
• Use condoms when you have sex.

Zika symptoms
Most people with Zika don’t know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:

For more information: www.cdc.gov/zika