

ZIKA + TRAVEL

DON'T LET ZIKA TRAVEL HOME WITH YOU!

**Going to a Zika hot spot?
We've got you covered!
Here's everything you
need to know about Zika,
including your packing
list and tips for when
you return.**



ZIKA 101

- Zika is primarily spread by mosquitoes, but is also sexually transmitted.
- Most people with Zika don't know they have it. The most common symptoms are fever, rash, joint pain and/or red eyes.
- Zika can cause severe birth defects if a pregnant woman becomes infected.
- There is no vaccine or medicine for Zika.
- The best way to prevent Zika is to prevent mosquito bites.

#TalkZIKA



Packing list:

- EPA-registered insect repellent
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Bed net
- Condoms (if you might have sex)



On your trip:

- Use insect repellent. Remember to apply sunscreen first and then insect repellent.
- Wear long sleeves and long pants, when possible.
- Stay and sleep in screened-in or air-conditioned rooms.
- Use a bed net, as needed.
- Use condoms if you have sex.



When you return:

- Continue using insect repellent for 3 weeks to prevent spreading Zika back home.
- Women: Use condoms for at least 8 weeks.
- Men: Use condoms for at least 6 months.
- See your doctor right away if:
 - » You have Zika symptoms.
 - » You think you're pregnant.



LEARN MORE AT:
www.cdph.ca.gov/Zika

WHERE IN THE WORLD IS ZIKA?
www.cdc.gov/zika/geo

