

# Talk ZIKA: Travel

Discussion Points to Share with Patients Planning to Visit Family, or Travel for Work or Vacation in Zika Hotspots

## PRE-TRAVEL TIPS FOR PATIENTS

### Assess Patient Travel Intentions

- ✓ Where are you traveling?
- ✓ Do you work or visit family in areas outside the U.S.? Where?
- ✓ If you are pregnant or planning pregnancy, you should not go to areas with risk of Zika transmission.
- ✓ If you must travel, take extra precautions to prevent mosquito bites and sexual transmission of Zika.

### Note to provider:

A map of Zika hotspots can be found on [CDC's travel guidance webpage](https://wwwnc.cdc.gov/travel/page/zika-travel-information) (<https://wwwnc.cdc.gov/travel/page/zika-travel-information>).

### Share a Travel Packing List

- ✓ When going to areas with Zika, make sure to pack the following:
  - **EPA-registered insect repellent**
  - Long-sleeved shirts and long pants
  - Clothing and gear treated with permethrin, if possible
  - Bed net if you are sleeping outdoors or in a residence without screens on doors and windows
  - Condoms (male or female) and dental dams, if you might have sex
  - An effective birth control method

## WHILE TRAVELING

### Provide Travel Protection Tips

- ✓ Use insect repellent. Remember to **apply sunscreen first and then the repellent**.
- ✓ Children and insect repellent:
  - Do not use insect repellent on babies younger than 2 months old; use other methods of protection like mosquito netting over strollers and car seats.
  - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
  - Spray insect repellent onto your hands and then apply to a child's face.
  - EPA-registered insect repellents used as directed are safe to use by pregnant and breastfeeding women.

- ✓ Wear long sleeves and long pants, if possible.
- ✓ Stay and sleep in screened-in or air-conditioned rooms, if possible.
- ✓ Use a bed net, if needed.
- ✓ Use a condom (male or female) and dental dam if you have vaginal, anal or oral sex. To guarantee Zika is not sexually transmitted, do not have sex while traveling to a Zika hotspot.

## POST-TRAVEL TIPS FOR PATIENTS

### Advise Patients on What to do When They Return

- ✓ While traveling, you may have been infected by a Zika-carrying mosquito. You may be infected even if you don't have symptoms.
  - To ensure you do not spread Zika to family, friends, co-workers or your community, **use an EPA-registered insect repellent for 3 weeks after you return home** so a mosquito won't bite you and then pass the virus on to someone else.
- ✓ Make sure to mosquito-proof your home by draining standing water, fixing broken window screens and covering any containers that could hold water. Mosquitoes can breed and lay eggs in a container as small as a bottle cap.
- ✓ **Delay pregnancy and prevent sexual transmission of Zika to your partner(s) after returning from areas with Zika risk.** Either do not have sex, or practice safer sex by using condoms (male or female) and dental dams every time, during all types of sex (vaginal, anal and oral). Also use a long-acting, reversible contraceptive to prevent pregnancy.
  - **Women** who traveled: practice safer sex and delay pregnancy **for at least 2 months.**
  - **Men** who traveled: practice safer sex and delay pregnancy with your partner **for at least 3 months.**
- ✓ Visit your doctor if you have symptoms of Zika. Common symptoms are fever, rash, joint pain, and/or red eyes. Other symptoms include headache and muscle pain.
- ✓ Talk to your doctor if you think you are pregnant.

## REFERENCES

Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus for Persons with Possible Zika Virus Exposure, United States, September (MMWR, September 30, 2016)

Interim Guidance for Prevention of Sexual Transmission of Zika Virus, United States, July 2016 (MMWR, July 25, 2016)

Interim Guidance for Health Care Providers Caring for Pregnant Women with Possible Zika Virus Exposure, United States, July 2016 (MMWR, July 25, 2016)

Update: Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus for Men with Possible Zika Virus Exposure, United States, August 2018 (MMWR, August 10, 2018)