

# ZIKA + TRAVEL

## WORK • VISITING FAMILY • VACATION

### Zika 101

- Zika is mainly spread by mosquitoes, but is also sexually transmitted.
- Zika can cause severe birth defects if a pregnant woman becomes infected.
- There is no specific medicine or vaccine for Zika.
- The best way to prevent Zika is to prevent mosquito bites and sexual transmission.



### Packing List:

- ☐ EPA-registered insect repellent
- ☐ Long-sleeved shirts and long pants
- ☐ Bed net
- ☐ Clothing and gear treated with permethrin
- ☐ Barriers like condoms (male or female) to prevent sexual transmission of Zika
- ☐ An effective birth control method

### BEFORE You Leave

- Check to see if you are going to an area with Zika.
- If you are pregnant or planning pregnancy, postpone travel to these areas.
- Must travel? It may be a good time to delay pregnancy. Ask your doctor about effective birth control methods.

### DURING Your Trip

- Protect yourself from mosquito bites:
  - >> Stay/sleep in screened-in and air-conditioned rooms.
  - >> Use EPA-registered insect repellents, which are safe for pregnant women when used as directed. Apply sunscreen first and then insect repellent.
  - >> Use mosquito netting to cover babies in carriers, strollers and cribs.
- Practice safer sex by using barriers like condoms (male or female) and dental dams during vaginal, anal and oral sex to prevent sexual transmission of Zika.

### AFTER You Return

- Use insect repellent for 3 weeks to prevent Zika from spreading in your neighborhood.
- Continue to practice safer sex and use an effective birth control method:
  - >> Women: for at least 8 weeks.
  - >> Men: for at least 6 months.
- See your doctor right away if you think you are pregnant or have Zika symptoms like fever, rash, red eyes or joint pain.



**LEARN MORE:**  
[www.cdph.ca.gov/Zika](http://www.cdph.ca.gov/Zika)  
**#TalkZIKA**

**WHERE IN THE WORLD IS ZIKA?**  
[www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo)