

ZIKA + TRAVEL

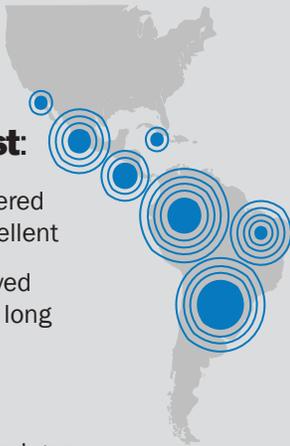
WORK • VISITING FAMILY • VACATION

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 2 months.
 - > Men: for at least 3 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
#TalkZIKA

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