

# 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](http://www.cdph.ca.gov/Zika)

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

