

TAKING A BREAK FROM THE WISCONSIN **WINTER?**



Travelers to warmer destinations should take steps to protect themselves against **Zika** and other diseases.



Check if the area you are traveling to is an area where Zika is spreading:

<https://www.cdc.gov/zika/geo/>



Use a bed net. If traveling to a remote area, use a bed net for sleeping.



Use insect repellent. Pack and use insect repellent spray that contains the ingredients DEET, Picardin, IR3535, OLE, or PMD.



Use a condom. Zika can be spread through sex, so if you have sex, use a condom. Sex includes vaginal, anal, and oral sex, as well as the sharing of sex toys.



Wear clothing that covers exposed skin. When possible, treat clothing with an insecticide (e.g., permethrin).



If you get Zika symptoms, see a doctor. If you have a fever, red eyes, joint pain, or rash when you get home, contact your doctor right away.



Put sunscreen on first. Then do not forget to apply insect repellent.



If you are pregnant or planning to become pregnant, DO NOT travel to an area where Zika is spreading.

