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/](https://www.cdc.gov/zika/geo/)

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

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

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

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

- **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.

- **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.

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

DIVISION OF PUBLIC HEALTH


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