CDC's Response to **Zika**

SPRING BREAK ON YOUR MIND?

Protect yourself from Zika!

Zika is a disease primarily spread by mosquitoes, but a man with Zika can spread it to his sex partners as well.

Know before you go

Learn about Zika at cdc.gov/zika. Find out if your destination has Zika, check the CDC Travelers' Health site for current travel notices: cdc.gov/travel

Pack to prevent

- Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.)
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Bed net (if mosquitoes can get to where you're sleeping)
- Condoms (if you might have sex)

Protect yourself

- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible.
- Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
- Zika can also be spread through sex, so use latex condoms if you have sex.

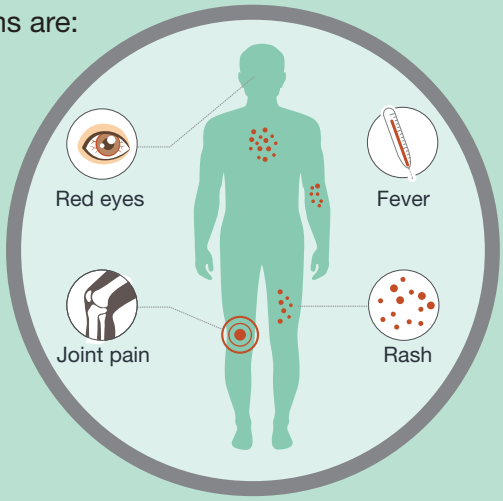
STOP the spread

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika.
- Use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.

Zika symptoms

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:



CS264014-A

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

March 11, 2016

www.cdc.gov/zika