

Explore PUERTO RICO!



Protect yourself from mosquito bites as you enjoy every corner of this beautiful island!

Mosquitoes spread many types of viruses that can cause diseases like Zika, dengue, and chikungunya.

Apply insect repellent to exposed skin every day. If using sunscreen, apply it before the repellent. Wear light weight, long-sleeved shirts and pants and light colors.



Zika can also be spread through sex.

Protect yourself and your partner by using a condom every time you have sex or by not having sex, especially if you are pregnant.

After you leave the island:



Prevent mosquito bites for 3 weeks after leaving an area with Zika.



Use a condom for 8 weeks after returning from an area with Zika. If you develop symptoms of Zika, use a condom for 6 months after your symptoms begin.



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

www.cdc.gov/zika

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