

STAY HEALTHY ON THE ROAD TO RIO PROTECT YOURSELF FROM ZIKA



Be Prepared

- See a doctor 4-6 weeks before travel
- Get recommended vaccines and medicines
- Enroll in the Smart Traveler Enrollment Program (STEP)



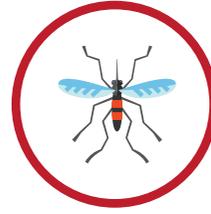
Stay Safe

- Monitor warnings and alerts from the US Department of State.
- Don't drink too much alcohol and don't use drugs.
- Ride only in marked taxis that have seatbelts.
- Use condoms if you have sex (vaginal, anal, or oral).



Eat & Drink Smart

- Eat food that is cooked and served hot.
- Eat raw fruits and vegetables only if they can be peeled or washed in clean water.
- Don't drink tap water, drinks with ice, or drinks diluted with tap water.
- Download our "Can I Eat This?" app.



Prevent Bug Bites

- Use insect repellent on exposed skin. **It works!** Look for the following active ingredients: DEET, picaridin, IR3535, OLE, PMD
- Wear long-sleeved shirts and long pants when possible.
- Use permethrin-treated gear and clothing.
- Stay in air conditioned or screened-in rooms.



Stay Healthy and Help Protect Others After Your Trip

- See a doctor if you get sick and mention your travel.
- Prevent mosquito bites for 3 weeks to avoid spreading Zika.
- Men: Protect your sex partners after travel. Use condoms for at least 8 weeks, or for at least 6 months if you get sick. If your partner is pregnant, use condoms throughout her pregnancy or do not have sex.



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



For more information visit www.cdc.gov/travel