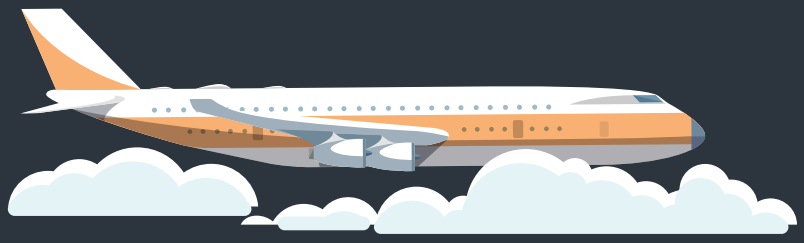
CDC's Response to **Zika**

# TRAVELERS CAN PROTECT THEMSELVES **FROM ZIKA**

## Zika Prevention Kit for Travelers

**The products below can help protect you from Zika. Build your own Zika prevention kit and bring your kit with you on your trip.**

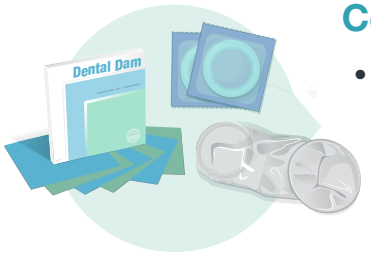


### Bed Net

- If your room is not well screened and air conditioned, use a bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.

### Insect Repellent

- Use EPA-registered insect repellent containing DEET, picaridin, OLE, PMD, or IR3535.
- Always use as directed.
- Do not apply repellent under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Most repellents, including DEET, can be used on kids older than 2 months. Mosquito netting can be used to cover babies <2 months old in carriers, strollers, or cribs to protect them from mosquito bites.




### Condoms

- Zika can be passed through sex. Bring male or female condoms with you when traveling. Use condoms during and after travel to protect yourself and your partner.
- If you are pregnant, use condoms for the rest of your pregnancy.
- Not having sex eliminates the risk of getting Zika through sex.

### Permethrin Spray

- Spray your clothing and gear with permethrin to help protect you from mosquito bites or bring pre-treated items.
- Always follow the directions on the bottle. Reapply as directed.
- Do not spray permethrin on your skin.
- Long sleeves and long pants help protect against Zika.

**www.cdc.gov/zika**

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

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