

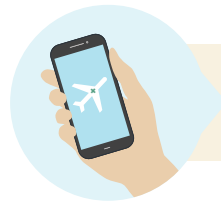
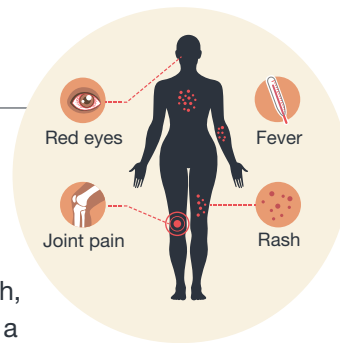


## A GUIDE FOR **BUSINESS TRAVELERS**

# #STOP**ZIKA**

## About Zika

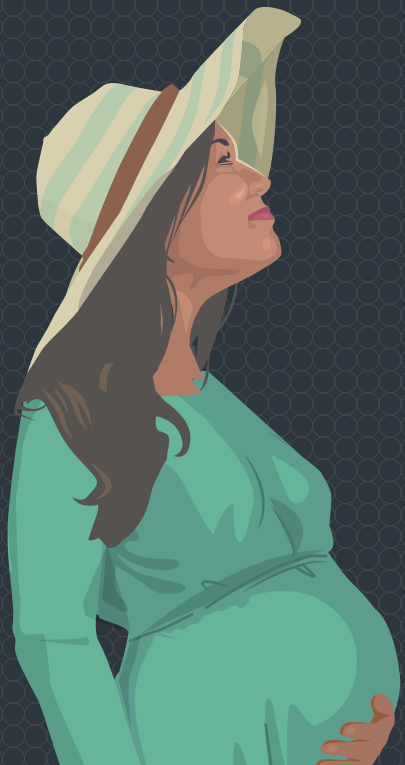
- Zika virus spreads through mosquito bites and sex.
- Zika is usually a mild sickness (fever, rash, joint pain, and red eyes) that lasts about a week. Many people have no symptoms.
- Pregnant women and women who might become pregnant should be careful not to get Zika because Zika can cause birth defects.
- Visit CDC's Travel Notice page for up-to-date information about your destination before you make travel plans.  
[cdc.gov/travel](https://www.cdc.gov/travel)



Download CDC's TravWell App for destination-specific information and more travel health tips.

# #CHANGE OF ITINERARY

Protect Your Pregnancy



## Postpone Your Trip or Wait to Conceive

If you are pregnant:

- Zika can pass from a pregnant woman to her fetus.
- Pregnant women should **not** travel to areas with Zika outbreaks.
  - » If you do travel, talk to your doctor immediately after you return.

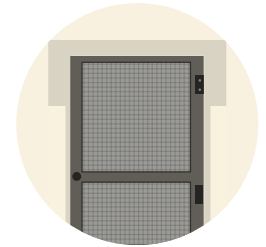
If you are considering pregnancy:

- If you or a partner have recently traveled to an area with Zika, wait to get pregnant.
- Talk to your doctor about how long you should wait to conceive.
- Check CDC guidance: [cdc.gov/travel](https://www.cdc.gov/travel)





**#BUGOFF**  
Avoid Mosquito Bites

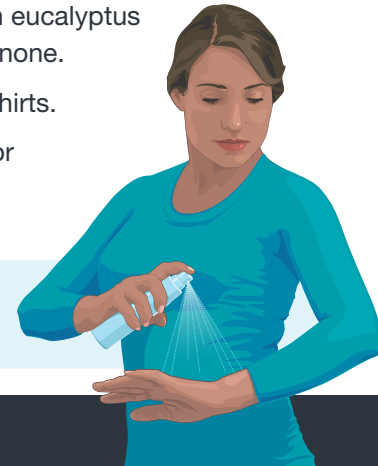


## Mosquitoes Spread Zika and Other Viruses

- Mosquitoes that spread Zika live inside and outside. They bite both day and night.
- Use an EPA-registered insect repellent with DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Wear long pants and long-sleeved shirts.
- Stay in rooms with air conditioning or window and door screens.

### TIP

Apply sunscreen first, then insect repellent.



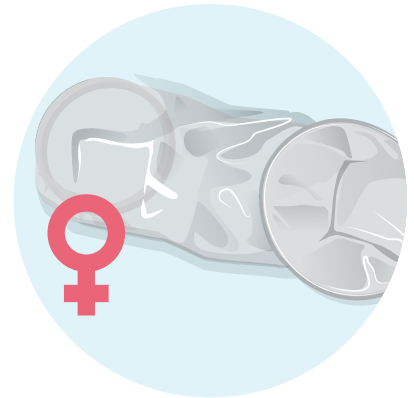
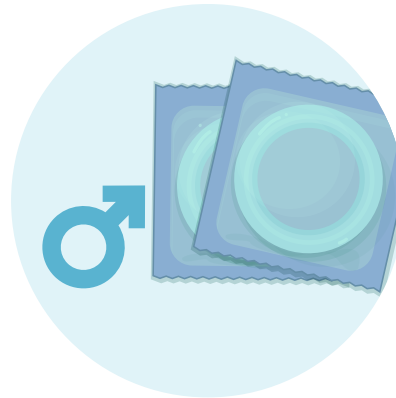
# #USECONDOMS

Protect Your Sex Partners



## Zika Can Pass Through Sex

- Zika can pass from a man or woman who has Zika to his or her sex partners.
- Zika can pass through sex, even if the person with Zika does not have symptoms at the time.
- Reduce your risk: Use male or female condoms and dental dams every time you have sex (vaginal, anal, or oral) while you are traveling.





# #HOMEAGAIN

## Bring Prevention Home



## Zika Prevention at Home

- Even if you don't feel sick, you could have Zika. Mosquitoes could bite you and spread Zika to others. Wear insect repellent for **3 weeks** after you get home.
- Protect your partners: Keep using condoms for at least 8 weeks (women) or 6 months (men).
- If your partner is pregnant, use condoms or don't have sex during the entire pregnancy.

3 WEEKS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Follow us for more tips on how to protect yourself during travel.

 CDC Travelers' Health  
 @CDCtravel  
[www.cdc.gov/travel](http://www.cdc.gov/travel)



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