CDC's Response to **Zika**

# Have a happy and healthy Spring Break:

## Protect your family 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
- Infant carrier mosquito net (if needed)
- 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.

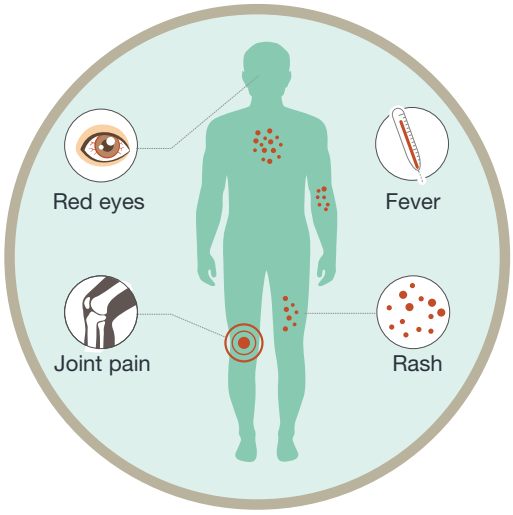
## STOP the spread

- 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:




## Pregnant? Trying to conceive?

Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms or don't have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.

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

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www.cdc.gov/zika

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