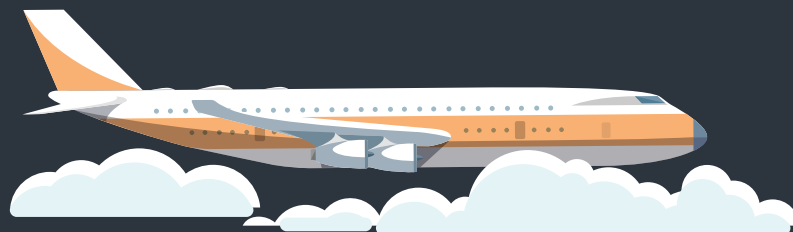


TRAVELERS CAN PROTECT THEMSELVES **FROM ZIKA**



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.



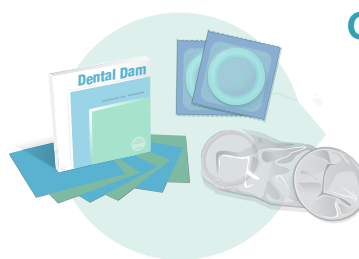
Bed Net

- 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, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Always follow the directions on the bottle.
- Do not spray 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