

# WARNING

## Zika Virus Disease

Southern Mexico, areas of Central and South America, and the Caribbean have mosquitoes that can cause Zika virus disease. If you're pregnant or plan to get pregnant, your baby can be born with birth defects if you get infected with Zika.



### Traveling South of the United States

	Use Environmental Protection Agency (EPA) approved bug spray when outside.
	Wear long sleeve shirts and pants to avoid mosquito bites.
	Stay or sleep in screened-in or air conditioned rooms.

### Returning to the United States

	Check for signs of illness 14 days after you travel.
	If you have fever, rash, joint or muscle pain, call your doctor and talk about your travel.
	If you're pregnant, call your doctor and talk about your travel, even if you don't have symptoms.

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# How is Zika infection prevented?



**Cover skin**  
with long-sleeve  
clothing, trousers  
and hats



Sleep  
protected  
by  
**mosquito  
nets**



Eliminate containers  
that can hold  
standing water to  
prevent **mosquito  
breeding sites.**



Use insect **repellent**  
as recommended by  
health authorities



**Use screens or  
mosquito nets**  
in windows and  
doors to reduce  
contact with  
mosquitoes