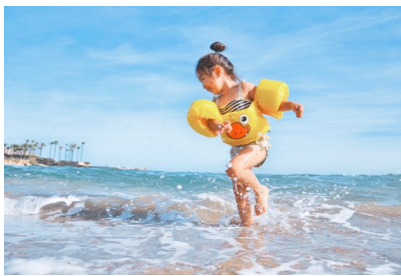


# TRAVELING TO VISIT FAMILY OR FRIENDS?



**Travelers to warmer destinations should take steps to protect themselves against **Zika** and other diseases.**

Approximately **1 in 12** Zika-infected moms have babies with birth defects



**Zika may be in areas you don't expect.** Check if the area you are traveling to is an area where Zika is spreading:

[www.cdc.gov/zika/geo/](http://www.cdc.gov/zika/geo/)



**Use a bed net.** If traveling to a remote area, use a bed net for sleeping.



**Use insect repellent.** Pack and use insect repellent spray that contains the ingredients DEET, Picardin, IR3535, OLE, or PMD.



**Use a condom.** Zika can be spread through sex, so if you have sex, use a condom. Sex includes vaginal, anal, and oral sex, as well as the sharing of sex toys.



**Wear clothing that covers exposed skin.** When possible, treat clothing with an insecticide (e.g., permethrin).



**If you get Zika symptoms, see a doctor.** If you have a fever, red eyes, joint pain, or rash when you get home, contact your doctor right away.



**Put sunscreen on first.** Then do not forget to apply insect repellent.



**If you are pregnant or planning to become pregnant, DO NOT travel to an area where Zika is spreading.**

