

Enjoy your vacation!

Travelers to many destinations should take steps to prevent Zika and other diseases.

Know before you go

Learn more about Zika at www.nkyhealth.org/zika.aspx

Pack to prevent

- Insect repellent (Look for these ingredients: **DEET, picaridin, IR3535, OLE, or PMD**)
- Clothing and gear treated with permethrin
- Condoms (if you might have sex)

If traveling to remote area:

- Infant carrier mosquito net (if needed)
- Bed net (if mosquitoes can get to where you're sleeping)

Protect yourself

- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- For extra protection, treat clothing, too.
- Cover exposed skin when possible.
- Zika can also be spread through sex, so use condoms if 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: **red eyes, fever, joint pain and rash.**

STOP the spread

- Watch for symptoms after you get home.
- If you become ill, see a health care provider. Be sure to mention when and where you've traveled.
- Use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.



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 health care provider about your plans.

