Recommendations for travelers to regions with Zika and other mosquito-borne diseases

Although Zika only represents a serious danger to a small percentage of travelers, this outbreak is an important reminder to all individuals heading to regions where malaria, chikungunya, dengue and other mosquito-borne illnesses are prevalent. All travelers to these regions should use the following precautions to reduce their risk:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net.
- Use Environmental Protection Agency (EPA)-registered insect repellents (see https://www.epa.gov/insect-repellents/find-insect-repellent-right-you). Follow the product label instructions, reapply as directed, and apply after using sunscreen.
- Treat clothing and gear with permethrin or purchase permethrin-treated items. Follow the product label instructions.

In addition, women who are pregnant or may become pregnant within the next few months should avoid travel to regions with Zika. Women traveling to these regions should use birth control consistently during their trip and during the three months following their trip.

If you are infected with Zika, take the following precautions. Bear in mind that some individuals infected with Zika do not develop symptoms, but can transmit the infection:

- Continue to follow the above steps to minimize the risk to those around you, especially during the first week of illness.
- Men with female sex partners: Sexual transmission of Zika has been documented at over two months after travel, so all men with female partners who have traveled to a Zika-infected region should use condoms, especially if their partners are pregnant or not using other forms of birth control.

Information about Zika, especially the potential for transmission and long-term effects, is still incomplete, so travelers are urged to err on the side of caution. Most individuals infected with Zika recover relatively easily compared to those with other mosquito-borne illnesses, but new knowledge may reveal other long-term effects.

All travelers should consult the CDC page on their country of destination (http://wwwnc.cdc.gov/travel). For more information on preventing Zika, malaria, chikungunya, and dengue, visit: