




了解寨卡。

中南美洲、加勒比、墨西哥以及亚洲和美国部分地区的蚊子正在传播寨卡病毒。

孕妇、可能怀孕的女性及其性伴侣应避免前往寨卡病毒蔓延的地区。



如果您必须前往这些地区.....

	在户外时，使用环境保护局 (EPA) 核准的防蚊喷雾。
	穿长袖衬衫和长裤，避免蚊子叮咬。
	请在封闭式或空调房间内停留或睡觉。

返回时.....

	旅行结束后 14 天内检查是否出现疾病迹象并继续使用防蚊喷雾。
	若您出现发热、关节或肌肉疼痛、皮疹或眼睛发红，请联系医生，并告知其旅行的详细情况。
	如果您是孕妇，即使您没有出现症状，也请致电您的医生，谈论您或您伴侣的旅行。

2017 年 1 月 3 日修订版

如需更多信息，请寻求
医疗与社会公益服务，电话：2-1-1






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Learn about Zika.

Areas of Central and South America, the Caribbean, Mexico, and parts of Asia and the U.S. have mosquitoes that are spreading Zika.






Pregnant women, women likely to become pregnant, and their sexual partners should avoid traveling to areas where Zika is spreading.

If you must travel to these areas...

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

When you return...

	Check for signs of illness up to 14 days after you travel and continue to use mosquito spray.
	If you have fever, joint or muscle pain, rash or red eyes, call your doctor and talk about your travel.
	If you're pregnant, call your doctor and talk about your travel, or your partner's travel, even if you don't have symptoms.

Revised 1/03/2017

For more information, or to find medical and social services, call 2-1-1






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