

WARNING

Zika Virus Disease




Mexico, Central America, the Caribbean, most of South America and parts of Asia have mosquitoes that currently are spreading Zika virus disease. If you're pregnant, your baby may be born with birth defects if you get infected with Zika.



Traveling South of the United States

	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.

Returning to the United States

	Check for signs of illness up to 21 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.

For the most current travel information visit <http://wwwnc.cdc.gov/travel>

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