**CDC’s Response to Zika**

**Enjoy your vacation**

**Protect your family from Zika!**

Zika is a disease primarily spread by mosquitoes, but a man with Zika can spread it to his sex partners as well.

**Know before you go**

Learn about Zika at [cdc.gov/zika](http://cdc.gov/zika). Find out if your destination has Zika, check the CDC Travelers’ Health site for current travel notices: [cdc.gov/travel](http://cdc.gov/travel)

**Pack to prevent**

- Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.)
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Infant carrier mosquito net (if needed)
- Bed net (if mosquitoes can get to where you’re sleeping)
- Condoms (if you might have sex)

**STOP the spread**

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika.
- Use insect repellent for 3 weeks after travel.
- Use condoms when 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
- Joint pain
- Fever
- Rash

**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 doctor about your plans.