

# SPRING BREAK ON YOUR MIND?



## Protect yourself 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
- ◆ Bed net (if mosquitoes can get to where you're sleeping)
- ◆ Condoms (if you might have sex)



## STOP the spread

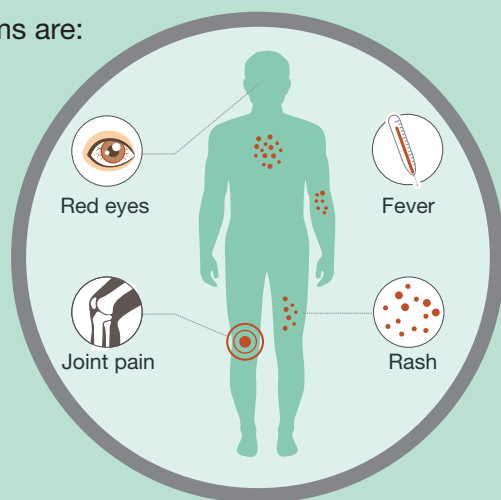
- ◆ Watch for symptoms after you get home.
- ◆ Call your doctor immediately if you suspect Zika.
- ◆ Use insect repellent for 3 weeks after travel.
- ◆ Use condoms when you have sex.



## 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:



## Protect yourself

- ◆ Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- ◆ Cover exposed skin when possible.
- ◆ Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
- ◆ Zika can also be spread through sex, so use latex condoms if you have sex.

