

# Explore PUERTO RICO!



**Protect yourself from mosquito bites as you enjoy every corner of this beautiful island!**

**Mosquitoes spread many types of viruses that can cause diseases like Zika, dengue, and chikungunya.**

Apply insect repellent to exposed skin every day. If using sunscreen, apply it before the repellent. Wear light weight, long-sleeved shirts and pants and light colors.



**Zika can also be spread through sex.**

Protect yourself and your partner by using a condom every time you have sex or by not having sex, especially if you are pregnant.

**After you leave the island:**



Prevent mosquito bites for 3 weeks after leaving an area with Zika.



Use a condom for 8 weeks after returning from an area with Zika. If you develop symptoms of Zika, use a condom for 6 months after your symptoms begin.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[www.cdc.gov/zika](http://www.cdc.gov/zika)

CS265836-A June 24, 2016