

# What to do if you are traveling to an area with Oropouche

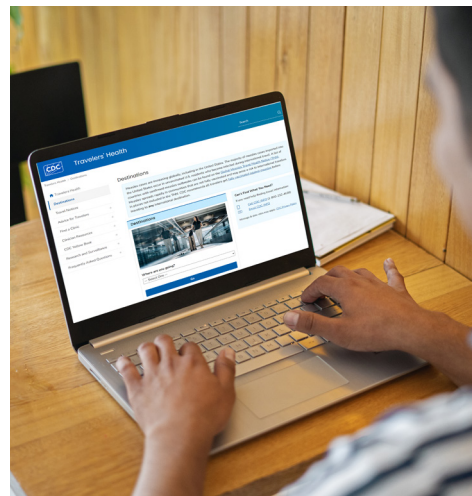
Oropouche virus is spread to people primarily by the bite of infected biting midges. If you are living in or traveling to an [area with Oropouche](#), follow these steps before, during, and after your trip.

## Before Travel

- NOTE: If you are pregnant, avoid non-essential travel to countries with a Level 2 Travel Health Notice for Oropouche.
- If you must travel, strictly follow [Oropouche prevention recommendations](#).
- Talk to your doctor about your travel plans and your potential risks for getting sick.

Be sure to pack:

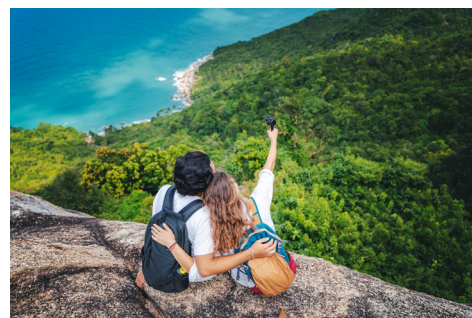
- ☐ Use an EPA-registered insect repellent when outdoors.
- ☐ Pack loose-fitting, long-sleeved shirts and pants.
- ☐ Treat clothing and gear (such as boots, socks, tents) with [0.5% permethrin](#).
- ☐ Check [Travel Health Notices](#) for your destination
- ☐ Visit CDC's Before You Travel webpage [for more tips before you go](#).



## During Travel

Take steps to prevent bug bites:

- ☐ Use an EPA-registered insect repellent when outdoors.
- ☐ Wear long-sleeved shirts and long pants when outdoors.
- ☐ Wear [Permethrin-treated](#) clothing and gear to help prevent insect bites.
- ☐ Stay in places with screens and air conditioning.
- ☐ Use fans to help blow biting midges away when outdoors.
- ☐ Visit CDC's During Travel webpage for [more tips during travel](#).



## After Travel

- ☐ Use an EPA-registered insect repellent for 3 weeks after returning home to prevent bites from biting midges and mosquitoes.
- ☐ If you are sick:
  - » Seek medical care immediately.
  - » Drink fluids.
  - » Manage fever and pain with acetaminophen.
  - » Do not use aspirin, or other non-steroidal anti-inflammatory drugs (NSAIDs) to prevent bleeding.
  - » Continue to prevent bug bites during the first week of illness to avoid further spread of the virus.
- ☐ Stay in places with screens and air conditioning.
- ☐ Use fans to help blow biting midges away when outdoors.
- ☐ Visit CDC's After Travel webpage for [more tips after travel](#).



Visit [cdc.gov/oropouche](https://cdc.gov/oropouche) for more tips to stay healthy after travel.