Pregnant? Trying to become pregnant?

- Talk to a health care provider before you or your partner travel to Central America, South America, the Caribbean or the Asian Pacific Islands.
- If you are pregnant, consider postponing travel until you deliver your baby.
- Use condoms to prevent Zika infection.

Protect yourself from mosquito bites

Aedes bite around the clock
Mosquitoes that spread chikungunya, dengue, and Zika usually bite in the day. They can also bite at night.

Use bug spray, it works!
Look for any of the following active ingredients:
- DEET
- PICARDIN
- IR3535

Wear protective clothes
Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.

Mosquito-proof your home
Use screens on windows and doors. Use air conditioning when available. Empty containers of standing water.

For more information: