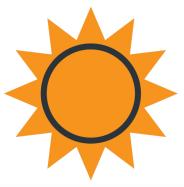


# Pregnant? Trying to become pregnant?

- ❖ 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: