



Heading out on spring break soon? Protect yourself and your family from Zika

Are you heading out on spring break to a destination where Zika is being transmitted? Wherever your spring break or other travel plans may take you, CDC wants you be informed and make smart choices.

KNOW BEFORE YOU GO

You can learn more about Zika at [cdc.gov/zika](https://www.cdc.gov/zika).

If you want to find out if your destination has Zika - check the CDC Travelers' Health site for current travel notices: [cdc.gov/travel](https://www.cdc.gov/travel).

PACK FOR PREVENTION

Zika virus is primarily spread by mosquito bites, but sexual transmission is also possible. Therefore, consider taking a travel health kit with these items:

- Insect repellent (look for these ingredients: DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthane-diol)
- Long-sleeved shirts and **long pants**
- Clothing and gear treated with permethrin
- Infant carrier mosquito net to protect babies under 2 months
- Bed net (if mosquitoes can reach where you are sleeping)
- Condoms

PROTECT YOURSELF AND YOUR FAMILY

Be sure to 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.
- Use condoms the right way every time you have sex.

STAY HEALTHY AFTER TRAVEL

Be on the lookout for symptoms after you get home. You should call your doctor immediately if you suspect Zika. Continue to take steps to prevent mosquito bites for 3 weeks after you return to avoid spreading Zika to local mosquitoes, even if you do not feel sick.

ZIKA SYMPTOMS

Most people with Zika don't know they have it because they don't have symptoms. The illness is usually mild with symptoms lasting about a week. The most common symptoms are:

- Fever
- Rash
- Joint pain
- Red eyes

Pregnant? Trying to conceive on your spring break trip?

Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms the right way every time or do not have sex for the rest of your pregnancy. If you are trying to get pregnant, talk to your doctor about your plans.

Many popular spring break destinations throughout the [Caribbean](#), [Central America](#), [South America](#), [Pacific Islands](#), and [Mexico](#) have outbreaks of [Zika](#) virus. CDC has issued [Zika travel notices](#) with recommendations for travelers to these destinations.

Because Zika virus is primarily spread by mosquitoes, **CDC recommends that travelers to any destination with Zika [protect themselves from mosquito bites](#).**

Sexual transmission of Zika is also possible, so travelers are encouraged to use condoms.

Because Zika virus infection in a pregnant woman is linked to serious birth defects, CDC recommends that pregnant women not travel to an area with Zika. Pregnant women who must travel to one of these areas should talk to their doctor and strictly follow steps to prevent mosquito bites during the trip.

Learn more about [Zika and Pregnancy](#).