STOP MOSQUITO BITES. DON’T STOP OUTDOOR ACTIVITIES.

Protect yourself from Zika
Zika is a disease primarily spread by mosquitoes, so if you’re outdoors, protect yourself from bites.

Know before you go
Zika is not being spread in the continental United States at this time. As the mosquito season begins, find out areas where Zika is spreading: www.cdc.gov/zika/geo

What to take with you
- EPA - registered insect repellent (Look for these ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.)
- Long-sleeved shirts and long pants.
- Clothing and gear treated with permethrin.
- A tent to sleep in (if mosquitoes can get to where you’re sleeping.)

STOP the spread
If you have been in an area with Zika
- Watch for symptoms. Call your doctor immediately if you get sick.
- If you’ve been in an area with Zika, use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.

Zika symptoms
Many people with Zika don’t know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:
- Fever
- Headache
- Rash
- Joint pain
- Muscle pain
- Red eyes

For more information: www.cdc.gov/zika