Visiting PUERTO RICO?

Protect yourself from mosquito bites as you enjoy every corner of this beautiful island!

Mosquitoes spread many types of viruses that can cause diseases like Zika, dengue, and chikungunya.

Apply insect repellent to exposed skin every day. If using sunscreen, apply it before the repellent. Wear light weight, long-sleeved shirts and pants and light colors.

Zika can also be spread through sex.

Protect yourself and your partner by using a condom every time you have sex or by not having sex, especially if you are pregnant.

After you leave the island:

Prevent mosquito bites for 3 weeks after leaving an area with Zika. Continue applying insect repellent daily.

Use condoms or do not have sex after leaving an area with Zika:

- If you are a female: for at least 8 weeks
- If you are a male: for at least 6 months

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/zika

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