

WARNING

Zika Virus Disease

Southern Mexico, areas of Central and South America, and the Caribbean have mosquitoes that can cause Zika virus disease. If you're pregnant or plan to get pregnant, your baby can be born with birth defects if you get infected with Zika.



Traveling South of the United States

	Use Environmental Protection Agency (EPA) approved bug spray when outside.
	Wear long sleeve shirts and pants to avoid mosquito bites.
	Stay or sleep in screened-in or air conditioned rooms.

Returning to the United States

	Check for signs of illness 14 days after you travel.
	If you have fever, joint or muscle pain, rash or red eyes, call your doctor and talk about your travel.
	If you're pregnant, call your doctor and talk about your travel, even if you don't have symptoms.

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