Zika Virus Prevention

Avoid mosquito bites

- Mosquitoes carrying Zika bite mostly during the day, but you should still remain cautious at night
- Use insect repellent that contains the following ingredients recommended by the EPA:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
    - Do not use on children under 3 years old
  - 2-undecanone

Follow directions of repellent and reapply as instructed

If using sunscreen, apply sunscreen first then repellent after

Do not use repellent on infants younger than 2 months old

- Do not apply onto a child’s hands, eyes, mouth, cuts, or irritated skin
  - Parents/adults: first spray repellent onto hands, then apply to child’s face

For more information regarding specific insect repellents, use this link.

- Protect babies and small children
  - Dress them in clothes that conceal arms and legs
  - Use mosquito nets to cover cribs, strollers, and baby carriers
- Use products – mainly clothes, tents, and boots – that have been treated with permethrin

Secure your home from the inside and outside

- Install screens on all windows and doors
- Repair any holes that mosquitoes could travel through
- Stay in air conditioned rooms
- If sleeping outdoors or in areas without air conditioning, use mosquito bed nets
- Empty and clean any and all containers that may have been exposed to mosquitoes and that can hold water (trash cans, birdbaths, pools, etc.)
  - Mosquitoes typically lay eggs near water
Travel safely

- If pregnant or trying to get pregnant, avoid traveling to areas that have a risk of Zika
- Check in with your healthcare provider about any travel plans
- Use this resource for travel information
- If you must travel, avoid mosquito bites by following the steps listed above.
- If engaging in sexual activity during your trip, be sure to use protection.
  - Zika can be transmitted through vaginal, anal, and oral sex, or with sharing of sexual objects.
  - Zika can remain in semen longer than other bodily fluids, so the span of time in which men and women can pass it is different.
  - Most people with Zika may not even be aware they are infected.
    - May only experience mild symptoms, or none at all
    - Zika can be passed before the onset of symptoms, during the symptoms, or even after the symptoms have subsided.
  - Condoms, both male and female, will help reduce the chance of transmitting Zika
    - Condoms must be used during any sexual activity and throughout the entire duration.
    - Dental dams (click here for examples) are also recommended when engaging in oral sex.
    - Abstaining from sex entirely will reduce any risk of getting Zika from this type of activity.
- When returning from your trip, continue to follow the steps for avoiding mosquitoes even if you do not feel ill.
  - Continue with these steps for about 3 weeks to prevent the possibility of spreading zika to mosquitoes that could then spread it to other people.
- If you feel you have symptoms of Zika (list of symptoms here), see your doctor and discuss your recent travels.
  - Make sure to do this if you are pregnant
  - If you are considering becoming pregnant after traveling to an area with high risk of Zika, discuss these specific recommendations with your doctor.
- Continue to either abstain from sex or practice safe sex when returning from an area that is at high risk for Zika.
  - This will avoid spreading the virus to your partner.
  - See your doctor to figure out if/when sexual activity can resume.
    - This depends on if your partner also has symptoms or if one of you is trying to get pregnant.