



ZIKA INFORMATION FOR TRAVELERS

As the holiday travel season approaches, make sure you protect yourself from the ZIKA virus!

AVOID:

- If you are pregnant or planning to become pregnant, avoid traveling to areas where the ZIKA virus is found

WAIT:

- If you or your partner have traveled to an area where the ZIKA virus is found, you should wait before trying to become pregnant
- If exposed to the virus, men should wait 6 months before trying to conceive
- If exposed to the virus, women should wait 2 months before becoming pregnant
- If you are pregnant and your partner traveled to an area where the ZIKA virus is found, you should use condoms or abstain from sex for the rest of your pregnancy
- Talk to your doctor to find out more about ZIKA

REDUCE:

- If you have to travel to an area where the ZIKA virus is found, take the following precautions to reduce your risk:
 1. Wear long sleeves and pants
 2. Use EPA approved insect repellents
 3. Stay in air-conditioning or ensure there are screens on your windows
 4. Avoid sex, or use condoms if you have sex

DID YOU KNOW?

DID YOU KNOW? ZIKA virus is found in many tropical areas, including Asia and the Americas. *If you are pregnant or planning on becoming pregnant, please talk to your doctor before you travel to affected areas.*

DID YOU KNOW? It's possible to get ZIKA by having sex with someone who was infected with the virus.

DID YOU KNOW? Men can pass ZIKA to their sexual partners for up to 6 months.

DID YOU KNOW? Women can pass ZIKA to their sexual partners for up to 2 months.



If you are concerned you have Zika or were exposed to Zika, please contact your doctor.

For more information about Zika virus transmission and risks, please visit:

<http://doh.dc.gov/page/zika-information-travelers>