

TRAVELING?

SIMPLE STEPS TO PREVENT ZIKA

If you're visiting a place where the Zika virus is active, take these steps to protect yourself from the Zika virus.

DURING YOUR TRIP:



Use EPA-approved insect repellent during your entire trip.

Wear pants and long-sleeve shirts.

Use screens or close windows and doors at hotel rooms or places you're staying.



Take precautions against sexual transmission. Consider abstaining from sex or use condoms correctly.

AFTER YOUR TRIP:



Use EPA-approved insect repellent for 21 days after you return to the United States.

Call your doctor if you have concerns.



Take precautions against sexual transmission for at least eight weeks. Consider abstaining from sex or use condoms correctly.

** Recommendations are based on emerging knowledge about Zika.*

KEEP UP WITH THE LATEST INFO AT [TexasZika.org](https://www.texaszika.org)



TEXAS
Health and Human
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Texas Department of State
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