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**