

# PROTECT YOURSELF FROM ZIKA!



## Zika Prevention Kit

Your Zika Prevention Kit should contain products to help prevent spread of Zika. Please use these items to protect yourself against Zika virus.



### Bed net

- Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.
- Please note, this netting may be insecticide-treated, see label, for added protection.



### Standing water treatment tabs

- Use standing water treatment tabs to kill larvae in standing water.
- Always follow instructions on the package.
- When used as directed, these tabs will not harm pets.



### Insect repellent

- Use only an EPA-registered insect repellent like the one provided in this kit.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.



### Permethrin spray

- Use permethrin to treat clothing and gear (boots, pants, socks, tents, and other fabrics).
- Always follow instructions on the bottle. Reapply as directed.
- Do not use permethrin products directly on skin.



### Condom

- Sexual transmission of Zika virus from a male partner is possible.
- If you have sex (vaginal, anal, or oral) with a male partner with recent travel to a Zika-affected area, you should use condoms the right way every time.
- Follow directions on the box.
- Condoms can also help prevent HIV and other sexually transmitted diseases.

### Prevention Guidance

- Male travelers who remain without any symptoms for two weeks after travel should use condoms for 8 weeks after departure from a Zika-affected area. Male travelers who develop symptoms within two weeks of travel to a Zika-affected area should use condoms for 6 months after travel. Male travelers should wear condoms throughout the duration of pregnancy if partner is pregnant.
- Female travelers should take steps to prevent conception for at least 8 weeks after return from Zika-affected area.
- All travelers should take steps to prevent mosquito bites (use insect repellent) during travel and for 3 weeks after travel to ensure our local mosquitoes do not become infected.
- Travelers who develop symptoms (fever, rash, joint pain, or conjunctivitis) within two weeks after travel to Zika-affected area should inform their medical provider and discuss need for testing.

