ZIKA ALERT *for* TRAVELERS

The best way to prevent Zika is to AVOID mosquito bites when traveling to a Zika-affected area.

Follow these simple steps to PREVENT mosquito bites:

Wear loose, light-colored clothing, including long sleeves and pants, socks and a hat when outdoors.

Apply an EPA-registered insect repellent to exposed skin and clothing.

Use air conditioning, mosquito nets or screens in windows and doors.

When using both sunscreen and mosquito repellent, apply sunscreen first and let it dry before applying mosquito repellent.

When returning home after visiting a Zika-affected area, take steps to prevent mosquito bites for three weeks so the virus doesn't spread to mosquitoes in Pennsylvania.

If you are pregnant and recently traveled to a Zika-affected area, talk to your health care provider after returning home – even if you don't feel sick.

www.zika.pa.gov

pennsylvania
DEPARTMENT OF HEALTH