STAY HEALTHY ON THE ROAD TO RIO
PROTECT YOURSELF FROM ZIKA

Be Prepared

- See a doctor 4-6 weeks before travel
- Get recommended vaccines and medicines
- Enroll in the Smart Traveler Enrollment Program (STEP)

Stay Safe

- Monitor warnings and alerts from the US Department of State.
- Don't drink too much alcohol and don't use drugs.
- Ride only in marked taxis that have seatbelts.
- Use condoms if you have sex (vaginal, anal, or oral).

Eat & Drink Smart

- Eat food that is cooked and served hot.
- Eat raw fruits and vegetables only if they can be peeled or washed in clean water.
- Don't drink tap water, drinks with ice, or drinks diluted with tap water.
- Download our "Can I Eat This?" app.

Prevent Bug Bites

- Use insect repellent on exposed skin. **It works!** Look for the following active ingredients: DEET, picaridin, IR3535, OLE, PMD
- Wear long-sleeved shirts and long pants when possible.
- Use permethrin-treated gear and clothing.
- Stay in air conditioned or screened-in rooms.

Stay Healthy and Help Protect Others After Your Trip

- See a doctor if you get sick and mention your travel.
- Prevent mosquito bites for 3 weeks to avoid spreading Zika.
- Men: Protect your sex partners after travel. Use condoms for at least 8 weeks, or for at least 6 months if you get sick. If your partner is pregnant, use condoms throughout her pregnancy or do not have sex.

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For more information visit www.cdc.gov/travel