

**If you are pregnant or trying to become pregnant the CDC recommends NO travel to any location where Zika transmission is ongoing.**

**Zika can also be sexually transmitted from an infected person to his or her male or female partners, so travelers should use condoms.**

## Pregnant?

- Do not travel to areas with Zika.
- If you must travel to these areas, talk to your doctor first.
- Strictly follow steps to prevent mosquito bites during your trip.
- If you have a partner who lives in or has traveled to an area with Zika, either use condoms the right way every time you have vaginal, oral, or anal sex, or do not have sex during the pregnancy.



## Trying to become pregnant?

- Before you travel, talk to your doctor about your plans to become pregnant and the risk of getting Zika.
- Strictly follow steps to prevent mosquito bites during your trip.

Before you travel, check the CDC travel website frequently for the most up-to-date recommendations.  
<http://wwwnc.cdc.gov/Travel>

## For more information:

[www.cdc.gov/zika](http://www.cdc.gov/zika) • [www.cdc.gov/dengue](http://www.cdc.gov/dengue) •  
[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya)

## Contact Sullivan County Regional Health Department at:

423-279-2777

[www.sullivanhealth.org](http://www.sullivanhealth.org)



### Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



### Use insect repellent

It works! Look for the following active ingredients:  
DEET•PICARIDIN•IR3535



### Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



### Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Tip and Toss standing water to keep mosquitoes from laying eggs.