

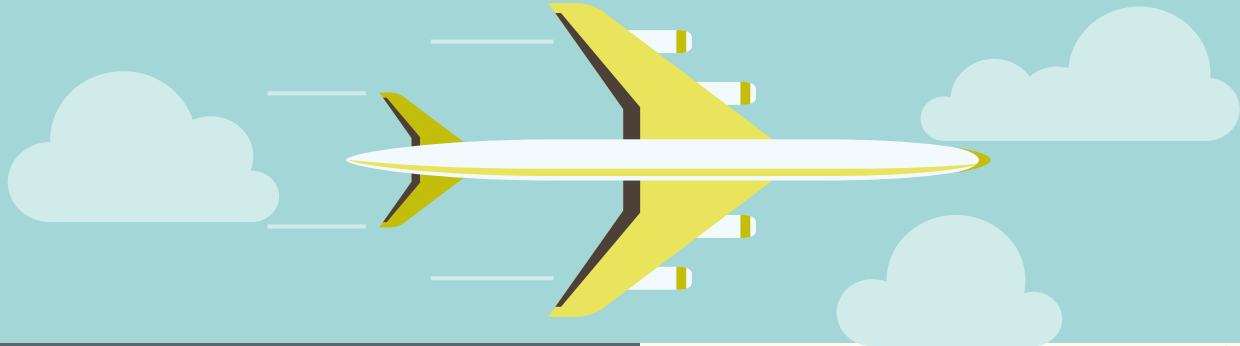


SAFE TRAVELS

PROTECT YOURSELF FROM MOSQUITOES

CONSIDER YOUR ITINERARY CAREFULLY.

If you have plans to travel where Zika transmission is ongoing, the CDC advises that you practice enhanced precautions. If you're pregnant, the CDC recommends that you consider postponing travel.



Apply an EPA-registered repellent when you're outdoors. Pregnant? The CDC says repellents are safe and effective when used as directed.

Avoid going outdoors when mosquitoes might be active, especially if you are pregnant. Mosquitoes that spread Zika are more aggressive in the daytime, but can also bite at night.



Avoid mosquito habitats: planters, ponds, bird baths and other places where they might breed. Before making reservations, check with hotels on their surroundings and precautionary measures.

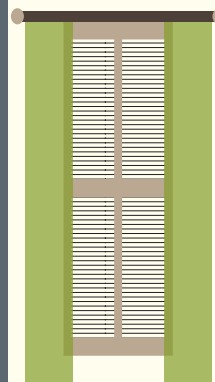
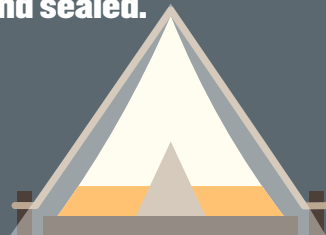


Wear protective clothing: long sleeves and long pants.

Apply permethrin to your bedding and clothing, or purchase permethrin-treated clothing and gear.



If you're staying in remote areas, be sure to have a screening net that's properly closed and sealed.



Be sure your hotel room has fly screens and windows that shut properly, and keep doors and windows shut.

This information is intended for general precautions and should not replace the advice of your doctor.

Sources: Catherine Hill, Professor of Entomology/Vector Biology, Purdue University; Centers for Disease Control and Prevention, <http://1.usa.gov/23g0hQ4>; <http://1.usa.gov/1pYUnkr>; <http://1.usa.gov/1Sw1FS5>; <http://1.usa.gov/1HZIUju>

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