Are you RETURNING from areas where ZIKA, CHIKUNGUNYA and DENGUE viruses are found?

If you develop symptoms of Zika virus infection during/after travel to Zika affected countries, there are things you need to do to protect yourself:

**Symptoms of Zika virus infection:**
• fever • rash • joint pain • conjunctivitis (red eyes)

Symptoms typically appear 2 to 7 days after being bitten by an infected mosquito.

**Protection**
- Contact your healthcare provider immediately if you develop symptoms of Zika virus, especially if you are pregnant.
- Get plenty of **rest and drink fluids** to prevent dehydration. Take medicines such as acetaminophen or paracetamol to reduce fever and pain.
- **DO NOT** take aspirin or other anti-inflammatory drugs (including Motrin, Ibuprofen, Aleve, Naproxen) unless you are evaluated by a physician.
- Use an **EPA-registered insect repellent** and take other measures to avoid being bitten by mosquitoes during the first week of illness. This is when the virus can be passed to others through mosquitoes.

**Prevention**
- When outdoors, prevent mosquito bites by using an **EPA-registered insect repellent** that contains one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus/PMD, or 2-undecanone. Follow product instructions.
- **Cover up.** Wear long-sleeved shirts, long pants, and socks. For infants, place mosquito netting over infant carriers, cribs, and strollers.
- Once a week, empty, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check **inside and outside** your home.
- Install or repair **screens** on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it.

More information at: **www.hcphtx.org/Zika**