Are you TRAVELING to areas where ZIKA, CHIKUNGUNYA and DENGUE viruses are found?

People become infected with these viruses after being bitten by an infected mosquito.

Protect yourself and your family from mosquito bites at all times, day or night.

• Choose lodging with air conditioning or screens on windows and doors.
• Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
• 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.

CONTACT YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOU DEVELOP SYMPTOMS OF ZIKA VIRUS: rash, fever, joint pain, red eyes.

More information at: www.hcphtx.org/Zika