



Indiana State
Department of Health
Epidemiology Resource Center

Guidance for Travelers on Prevention of Zika Virus Infection

Travelers who visit places where Zika virus is present are at risk of becoming infected through mosquito bites. The mosquitoes that spread Zika virus are aggressive daytime biters, prefer to bite people rather than animals, and live both indoors and outdoors. They can also bite at night.

The Centers for Disease Control and Prevention (CDC) has issued a travel notice (Level 2 alert, “practice enhanced precautions”) for people traveling to certain destinations where Zika virus transmission is ongoing. An up-to-date list can be found on CDC’s Zika Travel Information page: (<http://wwwnc.cdc.gov/travel/page/zika-travel-information>)

Until more is known, CDC recommends the following:

- **Pregnant women**
 - Do not travel to [areas with Zika](#). If you must travel, talk to your doctor or other healthcare provider first and take steps to [plan for travel](#).
 - Talk with your doctor and consider postponing nonessential travel to countries in CDC’s [special travel considerations for Southeast Asia](#).
 - If your sex partner travels to an area with Zika transmission, [either abstain from sex or protect yourself from getting Zika during sex](#).
- **Women trying to get pregnant**
 - Before you or your male partner travel, talk to your healthcare provider about your plans to become pregnant and the risk of Zika virus infection.
 - Take steps to [prevent mosquito bites](#) and to [prevent getting Zika through sex](#).
 - Talk with your doctor or healthcare provider about the [suggested timeframe to wait before trying to get pregnant](#).
- **Men with pregnant sex partners**
 - Men who live or are traveling in an area with active Zika virus transmission should take steps to [prevent mosquito bites](#).
 - You and your partner should abstain from sex or use condoms consistently and correctly for the duration of your partner’s pregnancy.

No vaccine is available to prevent Zika virus infection. The best way to avoid Zika virus infection is to [prevent mosquito bites](#). Here’s how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside. Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
 - Always follow the product label instructions and reapply as directed.
 - If you are using sunscreen, apply sunscreen before applying insect repellent.
- Treat clothing and gear with permethrin or buy permethrin-treated items.
 - Do NOT use permethrin products directly on skin. They are intended to treat clothing.