

FOR RETURNING TRAVELERS

# ZIKA ALERT



**Zika is an illness** mostly spread by mosquitoes. Infection during pregnancy may be linked to birth defects in babies.

**If you visited** a Zika-affected area (find out where at [cdc.gov/zika](http://cdc.gov/zika)), take steps to prevent mosquito bites.



Traveled to Zika-Affected Areas

## PREVENT ZIKA VIRUS NOW AT HOME



Use insect repellent for 3 weeks after returning.



Use air conditioning or window/door screens.



Wear long-sleeved shirts and long pants.



Use condoms or abstain from sex to avoid sexual transmission.

**LEARN MORE** at [ODH.OHIO.GOV/zika](http://ODH.OHIO.GOV/zika)