



Indiana State Department of Health

Guidelines for Travelers on Prevention of Zika Virus Infection

Travelers who go to 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**
 - Consider postponing travel to any area where Zika virus is spreading.
 - If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.
 - If you have a male partner who lives in or has traveled to an area where Zika is spreading, either abstain from sex or use condoms for the duration of your pregnancy.
- **Women trying to become 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.
 - You and your male partner should strictly follow steps to prevent mosquito bites during the trip.
- **Men who have 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.

The best way to avoid Zika virus infection while traveling is to prevent mosquito bites. Here’s how:

- Wear long-sleeved shirts and long pants to reduce the amount of exposed skin.
- Stay in places with air conditioning or that have window and door screens to keep mosquitoes outside. Sleep under a mosquito bed net if these accommodations are not available.
- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe for pregnant and breastfeeding women.
 - Look for products containing DEET, picaridin, oil of lemon eucalyptus, and IR3535 as the active ingredients.
 - 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.