

Zika Virus

Health and safety tips for you, your family, and friends as you plan a trip to trade Michigan's chill for warmer destinations and tropical beachfront

Travel
Safe

Be
Prepared.

AFFECTED REGIONS INCLUDE:

CAPE VERDE, CARIBBEAN, CENTRAL AMERICA, MEXICO, PACIFIC ISLANDS, & SOUTH AMERICA

Special
Precautions
for Pregnant
Women

What is Zika Virus?

A mosquito borne disease that causes minor fever, rash, joint pain, headache, muscle aches and pink-eye. **However, serious birth defects have been reported in babies of mothers who were infected. It is recommended that women who are pregnant or are trying to become so talk to their doctor before traveling to affected regions.**

Who is at Risk?

Anyone who is traveling in an affected region. **Heightened Risk for women who are pregnant or who are trying to become pregnant.**

How to Prevent Zika Virus?

Avoid Mosquito Bites

- Wear long sleeve shirts and long pants
- Sleep in mosquito bed net
- Use insect repellents (treating clothing and gear)
- Apply Sunscreen before applying insect repellent
- Avoid/eliminate standing water
- Keep doors and windows shut



www.cdc.gov/features/StopMosquitos

**Have Questions?
Call the HCS Travel Clinic
(269) 373-5126**

www.kalcounty.com/hcs/travelclinic.htm



Promoting Health for All