



Spring Vacation: ZIKA update for Travelers

Know before you go:

Protect your family from Zika!

Zika is a disease primarily spread by mosquitoes , but a man with Zika can spread it to his sex partners as well.

Learn about Zika and ALL affected areas at www.cdc.gov/zika/



Protect yourself / Pack to Protect

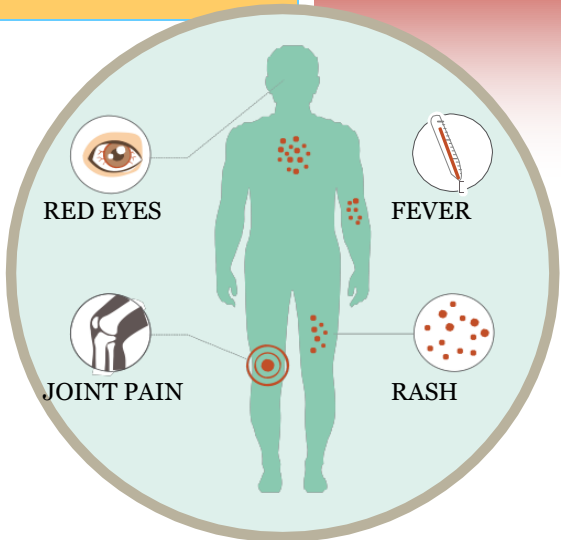
- Use Environmental Protection Agency (EPA) registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
- Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible. Wear long sleeved shirts and pants.
- Stay and sleep in screened-in or air-conditioned rooms.
- Use a bed net if you're sleeping outside.
- Use Infant carrier mosquito net (if needed)
- Zika can also be spread through sex, so use latex condoms if you have sex.



Zika symptoms

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:



Traveling with Children

- Do not use repellent on babies younger than 2 months.
- Dress in clothes that cover arms and legs.
- Cover cribs and strollers with mosquito net.
- Do not apply repellent near eyes, mouth, hands, cut or irritated skin.
- Treat clothing and gear with permethrin.

Updated: 3/17

Here in the United States, locally acquired cases have been discovered in the Southern States
Be aware and stay protected!

For more information visit:
kendallhealth.org



Kendall County Health Department
811 West John St.
Yorkville, IL 60560
(630)553-9100
(630)553-9506 Fax