PREVENT ZIKA
WHEN TRAVELLING TO AREAS WITH ZIKA VIRUS

AVOID MOSQUITO BITES
FOLLOW THESE SIMPLE STEPS:

1 USE REPELLENT
apply an EPA-registered insect repellent to exposed skin and clothing and apply often

2 KEEP MOSQUITOES OUT
use window screens, mosquito nets and air conditioning

3 COVER UP
wear loose long sleeves and pants when outdoors

PREGNANT WOMEN SHOULD NOT TRAVEL to areas with Zika
ZIKA IS LINKED TO SERIOUS BIRTH DEFECTS like microcephaly
USE CONDOMS PREVENT SEXUAL TRANSMISSION especially to pregnant partners

www.phila.gov/zika phillyhealth @PHLPublicHealth