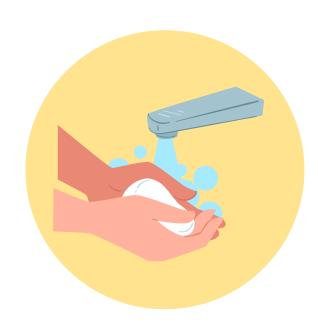






# Do your research

Stay on top of alerts for your destination.



# Wash your hands

Wash your hands regularly. If soap and water are not available, use hand sanitizer.



# Spray away

Pack and use EPAregistered insect repellent.



### Protect your skin

Use sunscreen with SPF 15 or higher when outdoors and reapply as instructed.



### Cover up

Cover your mouth and nose when coughing or sneezing.



## Monitor symptoms

Monitor yourself for any symptoms of illness upon return. If symptoms occur, contact your health care provider.