

Mosquito-borne Disease: Track When You're Back

Even if you don't feel sick, travelers returning to New Jersey from an area with mosquito-borne disease should take steps back home to prevent the spread of disease. **Track time and symptoms when you're back** if you traveled to an area with Zika, chikungunya, dengue, malaria, yellow fever or any other mosquito-borne disease.

For more information on mosquito-borne disease, a list of affected areas and maps, visit: www.cdc.gov/features/stopmosquitoes and wwwnc.cdc.gov/travel/notices.

✓ Avoid mosquito bites for 3 weeks

Empty/change outdoor standing water weekly



Use window and door screens

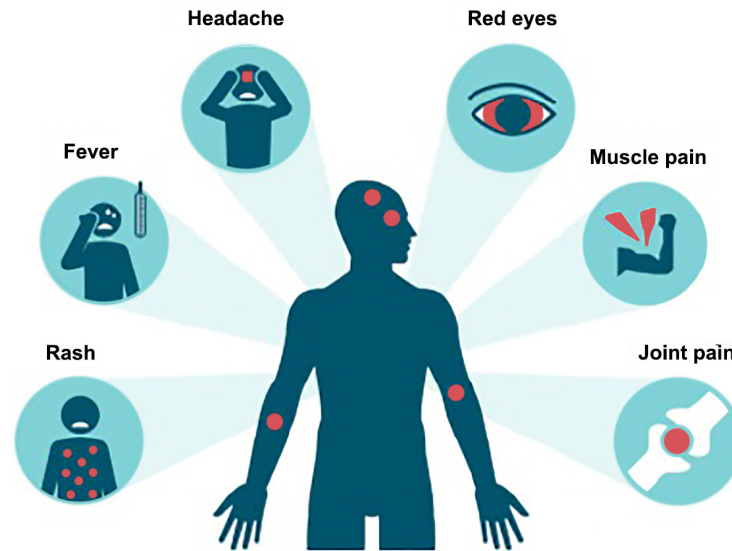


Wear long-sleeved shirts and pants



Apply EPA-registered insect repellent

✓ Check for symptoms of illness

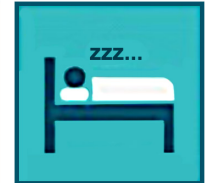


✓ Feel sick? Seek medical care

Call a healthcare provider and mention travel



Get rest



Drink water and stay hydrated



Get tested based on symptoms or risk

Avoiding mosquito bites back home helps reduce the spread of disease to local NJ mosquitoes which may infect other people.

Common symptoms for mosquito-borne disease include fever, joint pain, muscle pain, rash and conjunctivitis (red eye).

If you feel sick after traveling, visit a healthcare provider right away, mention where you recently traveled, and get tested.



Special precautions if you traveled to an area with Zika virus

Zika travel information is available at:

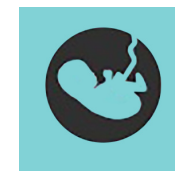
wwwnc.cdc.gov/travel/page/zika-travel-information

- If you're pregnant, discuss your travel history, Zika virus risk, and testing options with a healthcare provider as soon as you can after travel
- Zika can be passed through unprotected sex (vaginal, anal and oral sex, and the sharing of sex toys), even if the infected person does not have symptoms
- Zika virus infection during pregnancy can cause birth defects
- Discuss pregnancy plans and birth control options with a healthcare provider



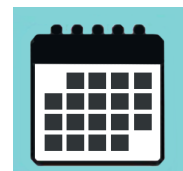
Protect your partner

Use condoms and do not share sex toys to reduce the chance of giving Zika to your partner through unprotected sex.



Protect your unborn child

If your partner is pregnant, use condoms correctly during sex or do not have sex for the entire pregnancy.



Wait to become pregnant

Men: use condoms or do not have sex for **3 months** after travel.
Women: use condoms or do not have sex for **2 months** after travel.