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](http://www.cdc.gov/features/stopmosquitoes) and [wwwnc.cdc.gov/travel/notices](http://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**
- Headache
- Red eyes
- Fever
- Muscle pain
- Rash
- Joint pain

**Feel sick? Seek medical care**
- Call a healthcare provider and mention travel
- Get rest
- Get tested based on symptoms or risk
- Drink water and stay hydrated
- Protect your unborn child
- Discuss pregnancy plans and birth control options with a healthcare provider
- Use condoms and do not share sex toys to reduce the chance of giving Zika to your partner through unprotected sex.
- If your partner is pregnant, use condoms correctly during sex or do not have sex for the entire pregnancy.
- 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.

**Special precautions if you traveled to an area with Zika virus**
- 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
- Protect your partner
- Protect your unborn child
- Discuss pregnancy plans and birth control options with a healthcare provider
- Wait to become pregnant