

# Travel Light!



## Track when you're back

If you traveled overseas to places where mosquito-borne diseases are present, look out for symptoms and seek medical care if you become sick when you return home.

Mosquito-borne diseases found overseas include chikungunya, dengue, malaria, Oropouche\*, yellow fever, and Zika.

## Symptoms to look for include:



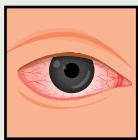
**Fever**



**Rash**



**Headache**



**Red eyes**



**Muscle Pain**

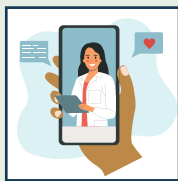


**Joint Pain**

## What else should you do?

Take any malaria medication prescribed for your trip **exactly** as directed before, during, and after travel.

If you experience symptoms, call a health care provider right away and mention recent travel.



*\* Oropouche virus is spread to people primarily by the bite of infected biting midges, but some mosquitoes can also spread the virus.*



# Leave Mosquito-Borne Diseases Behind

## Avoid mosquito bites for three weeks

Some mosquito-borne diseases can be transmitted from an infected person to a mosquito, which can then pass it on when it bites someone else. By avoiding mosquito bites for three weeks after travel, you can help prevent the spread of disease to people in your community.



## Tips to prevent mosquito bites



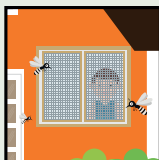
**Use EPA-registered insect repellent**



**Empty standing water weekly**



**Wear long-sleeved shirts and pants**



**Keep window and door screens in good condition**



**Spray clothes with permethrin or wear pre-treated items**



[FightTheBite.NJ.gov](https://FightTheBite.NJ.gov)