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
  - Drink water and stay hydrated
  - Get tested based on symptoms or risk

**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
- 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 6 months after travel.
- **Women**: use condoms or do not have sex for 8 weeks after travel.

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