

What to know before you go...



Bugs can spread diseases!!!



Mosquitoes spread diseases such as Zika, dengue, yellow fever and chikungunya...



Going somewhere tropical? Take steps to prevent bug bites.

Use an approved insect repellent

Put sunscreen on first, then apply insect repellent

Wear long sleeves and pants when possible

Sleep in places with air conditioning or window screens

Use a bed net if you sleep outdoors





Don't let mosquitoes ruin your trip.



See a doctor if you get sick after traveling. Be sure to tell your doctor that you traveled.



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