

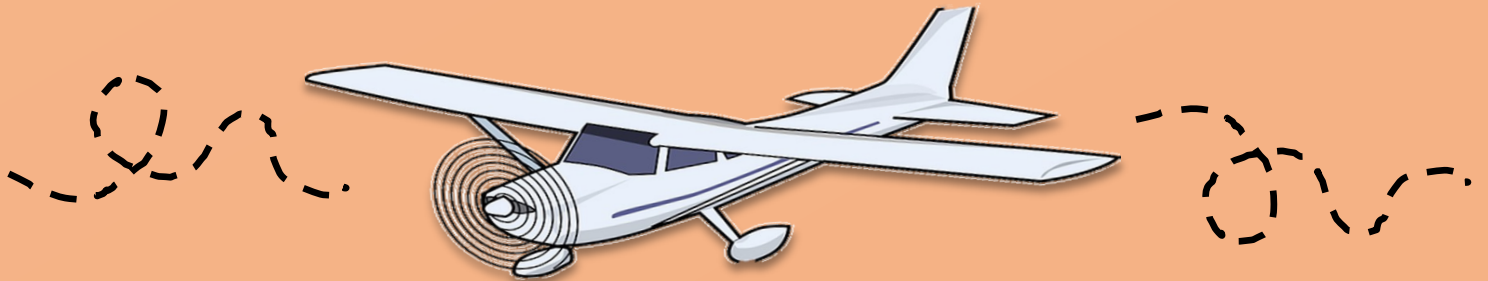


# PLANNING A TRIP TO THE TROPICS?

**Before you start packing, know how to prevent mosquito bites and the diseases they carry!**

## What Do I Need to Know?

- Diseases like Zika virus, Dengue Fever, and Chikungunya (ChikV) are caused by viruses that are spread through the bite of the same species of infected mosquito. The mosquitoes that spread these diseases are found in many countries with tropical climates.
- Anyone travelling in countries where these viruses have been found is at risk of contracting these diseases through a mosquito bite.
- Because the species of mosquito that spreads these diseases also lives in Miami-Dade County, you could bring these illnesses home with you and spread them to the mosquito population here if you are bitten. The infected mosquitoes could then bite other residents, furthering the cycle we call "transmission."



## What Should I Do Before I Travel?

- Visit the CDC's Traveler's Health Page (<http://wwwnc.cdc.gov/Travel>) to see if travel advisories regarding mosquito-borne diseases have been issued for the country you want to visit.
- Pregnant or trying to get pregnant? Consider postponing or cancelling travel to areas where Zika virus transmission is ongoing. This is because there have been reports in some Zika-affected countries of microcephaly (underdeveloped head and brain) in the babies of mothers who were infected with Zika virus while pregnant.
- CDC recommends that pregnant women in any trimester should take special precautions against becoming infected with Zika virus. Pregnant women or women trying to become pregnant who do travel to one of the affected areas should talk to their doctor first and strictly follow steps to avoid mosquito bites during the trip. Remember, however, that Zika cannot be transmitted by casual person-to-person contact.

## What Symptoms Can I Expect if I get Infected?

The symptoms of Zika virus, Dengue Fever, and ChikV are very similar. If you experience any of these symptoms in the 2 weeks following travel to a country affected by these illnesses, talk to your doctor:

- Fever
- Rash
- Joint pain
- Conjunctivitis (pink-eye, specific to Zika virus infection)
- Muscle pain
- Severe headache
- Bleeding gums or nose\*\*
- Pain behind the eyes
- Vomiting



## What treatment exists for these viruses?

- There are currently no treatments or vaccines for Zika virus, Dengue Fever, or ChikV.
- If you do get infected, you need to get plenty of rest, drink lots of fluids, and can treat joint or muscle pain with acetaminophen. Do not use naproxen, ibuprofen, or other non-steroidal anti-inflammatory drugs (NSAID).
- Always avoid mosquito bites, but particularly while you have a fever, as this could allow the mosquito to spread the illness to more people.

## What can I do to prevent Zika Virus, Dengue, & ChikV?

The best way to prevent these illnesses is to avoid mosquito bites. The mosquitoes which spread Zika virus, Dengue Fever, and ChikV are **daytime biters**. Fight the bite using these tips:

- Use an EPA-registered insect repellent
- Wear long-sleeved shirts and long pants
- Use screened doors and windows
- Empty out any container near your lodging which contains standing water
- Use a permethrin-treated bed net to cover your open-air sleeping area
- Once you return home, continue to avoid mosquito bites for up to 3 weeks. If you are infected and a mosquito bites you, you could in turn infect the mosquito, which could then spread the virus to other people. Remember that you could be infectious **even if you are not experiencing symptoms**.



Need more information? Call the Florida Department of Health in Miami-Dade County at 305-470-5660



\*\*This could indicate a more severe form of Dengue called Dengue Hemorrhagic Fever. Seek medical attention immediately.