

## Traveling Amid the Zika Virus

If you are planning to travel to one of the regions where the Zika virus is currently active, review travel health notices from the CDC before taking off on your trip. All CDC travel health notices can be found at <http://wwwnc.cdc.gov/travel/notices>.

If you and your family do have upcoming travel plans, keep these tips in mind to guard against mosquito bites.

- **Put up personal barriers.** Wear light-colored clothing and cover up with long sleeves and pants and consider [repellent-treated clothing](#) treated with EPA-approved pesticides. While many mosquitoes are particularly active during dawn and dusk hours, *Aedes* mosquitoes that can transmit the Zika virus, bite all day long.
- **Reinforce your habitat while away.** Ask your hotel about their mosquito prevention methods and how they're cleaning up and closing off their property during your stay.
- **Apply mosquito-specific defenses.** Apply EPA-approved repellent on exposed skin, especially your legs. The Centers for Disease Control and Prevention (CDC) recommends a variety of EPA-approved repellents for you and your family.
- **Eliminate sources of standing water.** Do a quick survey of your vacation surroundings and ask to have any unnecessary standing water drained, such as buckets, drums, bottles, birdbaths, flowerpot saucers, and plastic wading pools, which attract mosquitoes and allow them to breed.

Before you head out of town, be sure to clean up your home and yard so it doesn't become infested with mosquitoes while you're away:

- **Clean It.** Make sure your yard is mowed and maintained before heading out of town for extended periods of time. Mosquitoes tend to breed and live in overgrown areas such as tall, wet grass.
- **Dump It.** If you have areas or items in your yard that collect water when it rains, don't forget to remove them, so they don't become a mosquito breeding site.
- **Lock It.** Keep all screens, windows and doors in good repair and closed so mosquitoes don't use your vacation days as a vacation of their own.

For more information, please visit the below additional resources:

- [Zika Virus: Centers for Disease Control and Prevention](#)
- [Zika Virus: World Health Organization](#)
- [What Millennials \\*Really\\* Think About Zika + How to Protect Yourself](#)