

Heading to the American Tropics? Don't let mosquitoes and the diseases they carry ruin your vacation.

If you are planning a trip overseas, do your homework before traveling! Learn how to be safe during and after your trip. Three viral mosquito-borne infections, [chikungunya](#), [dengue](#), and [Zika](#), are common throughout the Americas. Getting infected with chikungunya, dengue, or Zika viruses can cause severe and incapacitating disease lasting weeks or longer. The best way to prevent getting sick is to avoid mosquito bites.

CDC has issued a [travel alert \(Level 2-Practice Enhanced Precautions\)](#) for people traveling to regions and certain countries where [Zika virus transmission](#) is ongoing. Additionally, there are special precautions for pregnant women and women trying to become pregnant:

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow [steps to avoid mosquito bites](#) during the trip.
- Women trying to become pregnant who are thinking about becoming pregnant should consult with their healthcare provider before traveling to these areas and strictly follow [steps to prevent mosquito bites during the trip](#).

Before Your Trip

Make a list. Check it twice. Use the following resources to help you prepare for your trip:

- See a health care provider familiar with travel medicine, ideally four to six weeks before your trip. Need help finding a clinic? Go to the [Find a Clinic](#) webpage for help in finding a travel medicine clinic near you.
- Learn about country-specific health risks and recommendations by visiting [CDC Travelers' Health website](#).
- Pack a [travel health kit](#). Remember to pack [insect repellent](#).
- Learn how to prepare for a healthy trip by visiting [Your Survival Guide to Safe and Healthy Travel](#).

Stay Healthy During Your Trip

The mosquitoes that spread the chikungunya, dengue, and Zika viruses are aggressive daytime biters. The best way to prevent getting sick is to avoid mosquito bites.

Here's how:

Keep Mosquitoes out of your Hotel Room or Lodging

Choose a hotel or lodging with air conditioning or screens on windows and doors.

Cover up!

- Wear long-sleeved shirts and long pants.
- Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.

Use only an EPA-registered Insect Repellent

- Always follow the product label instructions.
- Reapply insect repellent every few hours.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.

For more information, visit [Insect Repellents: Reducing Insect Bites](#).

After Your Trip

Sick with a fever, joint, muscle or bone aches, a rash or conjunctivitis (red eye) after traveling? Visit your health care provider right away.

Watch for symptoms in the next two weeks after returning. If you develop a fever with muscle, joint or bone pain, rash, or conjunctivitis (red eye), take acetaminophen for pain relief. Do not take aspirin. Rest, drink plenty of fluids, and see a health care provider.

Tell your health care provider where you recently traveled. Your doctor will likely order a blood test(s) to look for chikungunya, dengue, Zika, or other similar diseases.

For more information, visit: [Getting Sick after Travel](#).