

Everything you need to know about

Zika Virus Information for Travelers



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. There are travel-related cases in New Orleans but no locally transmitted cases.

Currently the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department (NOHD) are working with partners to provide you with information about Zika. NOMTCB is monitoring the mosquito population. Mitigation efforts to limit the mosquito population will utilize a combination of chemical control and habitat reduction methods as needed.

What is Zika?



Zika virus disease (Zika) is a disease spread to people primarily through the bite of an infected mosquito. It can also spread when an infected person has sex with another person. Most people with Zika do not know they have it. Symptoms are usually mild, lasting about a week.

Common Symptoms: Fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms include headache and muscle pain.

If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

Planning a trip



If you are planning a trip to an area with ongoing Zika virus transmission, you should protect yourself and your family from mosquito bites. There is no vaccine to prevent you from becoming infected.

Returning travelers



If you have recently returned from an area with ongoing virus transmission:

Even without symptoms, females should avoid sex or use condoms for 8 weeks, and males should avoid sex or use condoms for 6 months. Returning travelers should wait this long before attempting to conceive.

Pregnant women: Talk to your doctor about your travel at your next prenatal visit. Testing is recommended for women with symptoms within the first week of illness. Even if you do not have symptoms, you can be screened for Zika virus infection.

Travel Advisory

Level 2:
Practice Enhanced Precautions

For a list of affected countries:
Visit cdc.gov/travel

How to protect yourself



Cover your skin by wearing long-sleeve shirts and long pants. For extra protection, treat clothing with the permethrin insect repellent.



Remove standing water around the home in places such as plant containers, tires, pet dishes and buckets.



Daytime is when mosquitoes that spread Zika virus are most aggressive, but they can also bite at dawn and dusk.



EPA-registered insect repellents when used as directed, are proven safe and effective even for pregnant or breastfeeding women.

- Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Reapply insect repellent as directed.
- Apply sunscreen before insect repellent.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.



Practice safe sex because Zika can be sexually transmitted. It is important to always use condoms.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.