



## Zika Virus in Mexico

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| Warning - Level 3, Avoid Nonessential Travel   |
| Alert - Level 2, Practice Enhanced Precautions |
| Watch - Level 1, Practice Usual Precautions    |

### What is the current situation?

In November 2015, Mexico reported two locally transmitted cases of Zika (<http://www.cdc.gov/zika/index.html>) virus infection: one in the municipality of Monterrey, Nuevo Leon, and one in the municipality of Huixtla, Chiapas. These are the first cases of Zika virus in Mexico. Local transmission means that mosquitoes in Mexico have been infected with Zika virus, spreading it to humans.

CDC recommends that travelers to Mexico protect themselves from mosquito bites. Zika outbreaks have been identified recently in several countries in Central and South America. The outbreak began in Brazil in May. Recently, the Ministry of Health in Brazil has raised concerns about a possible association between the Zika virus outbreak and increased numbers of babies born with birth defects. For this reason, pregnant women should take extra precautions to avoid mosquito bites.

What can travelers do to **Learn more about Zika (<http://www.cdc.gov/zika/index.html>)**.  
prevent Zika virus  
infection?

There is no vaccine or medicine to prevent Zika virus infection. Travelers can protect themselves by preventing mosquito bites.

**Prevent mosquito bites:** (<http://www.cdc.gov/zika/fs-posters/index.html>)

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use an insect repellent approved by the Environmental Protection Agency as directed.
- Higher percentages of active ingredients provide longer protection. Use products with the following active ingredients:

- **DEET** (<http://www.epa.gov/pesticides/factsheets/chemicals/deet.htm>) (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon.)
- **Picaridin** (Also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the United States].)
- **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel.)
- **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart.)
- Always follow product directions and reapply as directed:
- If you are also using sunscreen, apply sunscreen first, let it dry, then apply insect repellent.
- Follow package directions when applying repellent on children (<http://www.fda.gov/Drugs/EmergencyPreparedness/ucm085277.htm>). Avoid applying repellent to their hands, eyes, or mouth.
- Use permethrin-treated (<http://npic.orst.edu/pest/mosquito/ptc.html>) clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
  - Clothing treated with permethrin remains protective after multiple washings. See the product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do **not** use permethrin directly on skin.
- Stay and sleep in screened-in or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

### If you feel sick and think you may have Zika virus infection:

- Talk to your doctor or nurse if you develop a **fever with a rash, joint pain, or red eyes**.
  - Tell them about your travel.
  - For more information about medical care abroad, see Getting Health Care Abroad and a list of International Joint Commission-accredited facilities. (<http://www.jointcommissioninternational.org/>)
- Get lots of rest and drink plenty of liquids.
- Avoid spreading the disease by preventing additional mosquito bites.

### Traveler Information

- Avoid Bug Bites-information for travelers
- Insect Repellent Use and Safety (<http://www.cdc.gov/westnile/faq/repellent.html>)
- CDC Zika website (<http://www.cdc.gov/zika/>)
- Zika virus: What you need to know (<http://www.cdc.gov/zika/fs-posters/index.html>)

- [Mosquito bite prevention for travelers](http://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_travelers.pdf) ([http://www.cdc.gov/chikungunya/pdfs/fs\\_mosquito\\_bite\\_prevention\\_travelers.pdf](http://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_travelers.pdf))

## Clinician Information

- [Zika Virus Outside Africa](http://wwwnc.cdc.gov/eid/article/15/9/09-0442_article.htm) ([http://wwwnc.cdc.gov/eid/article/15/9/09-0442\\_article.htm](http://wwwnc.cdc.gov/eid/article/15/9/09-0442_article.htm)) (EID article)
- [Protection against Mosquitoes, Ticks, & Other Insects & Arthropods](#)
- [Zika: Information for Health Care Providers](http://www.cdc.gov/zika/hc-providers/index.html) (<http://www.cdc.gov/zika/hc-providers/index.html>)

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### File Formats Help:

How do I view different file formats (PDF, DOC, PPT, MPEG) on this site?

(<http://www.cdc.gov/Other/plugins/>)

(<http://www.cdc.gov/Other/plugins/#pdf>)

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National Center for Emerging and Zoonotic Infectious Diseases (NCEZID)

(<http://www.cdc.gov/ncezid/index.html>)

Division of Global Migration and Quarantine (DGMQ) (<http://www.cdc.gov/ncezid/dgmq/index.html>)