

GOING TO THE OLYMPIC GAMES IN BRAZIL?

Zika virus is spreading in Brazil. Because **Zika infection during pregnancy causes serious birth defects**, pregnant women should not go to Brazil.

For more information, visit www.cdc.gov/zika



REMEMBER THE 5 PRINCIPLES OF TRAVEL HEALTH



Personal Safety

- Try not to travel at night, and travel with a companion.
- Don't wear expensive clothes or jewelry.
- Don't drink too much alcohol, and don't use drugs.



Prevent Mosquito and Other Bug Bites

- Use insect repellent on exposed skin.
- Wear long pants and long-sleeved shirts.
- Stay in air conditioned or screened-in rooms.
- Use bed nets while sleeping if your room doesn't have screens or air conditioning.



Get Recommended Vaccines

- All routine vaccines (including a flu shot)
- Hepatitis A
- Hepatitis B (for high-risk travelers)
- Typhoid



Food Safety

- Eat food that is cooked and served hot.
- Eat raw fruits and vegetables only if they can be peeled or washed in clean water.
- Don't drink tap water, drinks with ice, or drinks diluted with tap water.
- Download our app "Can I Eat This?" at www.cdc.gov/travel



Road Safety

- Avoid overcrowded, overweight, or top-heavy buses or vans.
- Ride only in marked taxis that have seatbelts.
- Know local traffic laws before you get behind the wheel.



U.S. Department of
Health and Human Services
Centers for Disease
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For more information visit www.cdc.gov/travel or call 800-CDC-INFO