When travelling protect yourself from mosquito bites.

- Wear insect repellent containing DEET/Picaridin during the day.

- Stay in screened/air conditioned accommodation.

- Cover up by wearing long sleeves, pants and cover your feet.

- Use condoms or abstain from sex including on your return. Zika can also be spread by sexual transmission. See your doctor for further advice.

- Kill mosquitoes in your hotel room by spraying in dark places under and behind furniture using long-acting surface spray*.

- If you or your partner are pregnant or planning pregnancy, don’t travel to countries with Zika**.

See your doctor

If within two weeks of returning home you experience any of these symptoms:

- RED EYES
- FEVER
- RASH
- JOINT PAIN

* crawling insect or cockroach surface spray
** for a list of countries with Zika visit www.health.qld.gov.au/zika