



Mosquitoes spread viruses that can cause serious health issues

Telephone 

PROTECT Hawai'i from Mosquito-borne Diseases



IF you traveled to an area where **dengue, Zika or chikungunya** is spreading, prevent mosquito bites:



- Use insect repellents while you travel and after returning home.
- Wear long sleeves, long pants and socks, especially when outdoors.
- Avoid areas with standing water.



IF you become ill after two weeks of traveling in Southeast Asia, Latin America or the South Pacific, see a doctor immediately.

IF you are pregnant, protect yourself while traveling, especially in areas where these diseases are spreading, and consult your physician before making travel plans.

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