

Media Statement

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CDC adds 4 destinations to interim travel guidance related to Zika virus

CDC is working with other public health officials to monitor for ongoing Zika virus transmission. Today, CDC added the following destinations to the Zika virus [travel alerts](#): American Samoa, Costa Rica, Curacao, and Nicaragua. CDC has issued a [travel alert \(Level 2-Practice Enhanced Precautions\)](#) for people traveling to regions and certain countries where Zika virus transmission is ongoing. For a full list of affected countries/regions: <http://www.cdc.gov/zika/geo/index.html>. Specific areas where Zika virus transmission is ongoing are often difficult to determine and are likely to continue to change over time.

As more information becomes available, CDC [travel alerts](#) will be updated. Travelers to areas where cases of Zika virus infection have been recently confirmed are at risk of being infected with the Zika virus. Mosquitoes that spread Zika are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. There is no vaccine or medicine available for Zika virus. The best way to avoid Zika virus infection is to [prevent mosquito bites](#).

Some travelers to areas with ongoing Zika virus transmission will become infected while traveling but will not become sick until they return home. Some people who are infected do not have any symptoms. Symptoms include fever, rash, joint pain, and red eyes. Other commonly reported symptoms include muscle pain and headache. The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon and case fatality is low. Travelers to these areas should monitor for [symptoms](#) or illness upon return. If they become ill, they should tell their healthcare professional where they have traveled and when.

Until more is known, CDC continues to recommend that pregnant women and women trying to become pregnant take the following precautions:

- **Pregnant women** should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their doctor or other healthcare professional first and strictly follow [steps to avoid mosquito bites](#) during the trip.

- **Women trying to become pregnant** should consult with their healthcare professional before traveling to these areas and strictly follow [steps to prevent mosquito bites during the trip](#).

Guillain-Barré syndrome (GBS) has been reported in patients with probable Zika virus infection in French Polynesia and Brazil. Because we do not know if Zika virus infection causes GBS, research efforts are underway to examine if there is a potential link between Zika and GBS.

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