

# Healthy Travel

Don't bring home unwanted souvenirs this travel season



## Common mosquito-borne diseases associated with travel outside of Montana:



Chikungunya: 1 case/year



Dengue: 3 cases/year



Malaria: 3 cases/year



Zika: 3 cases/year

\*Case counts are based on a 3-year average for MT residents

## Prevention

Don't forget the following travel essentials:

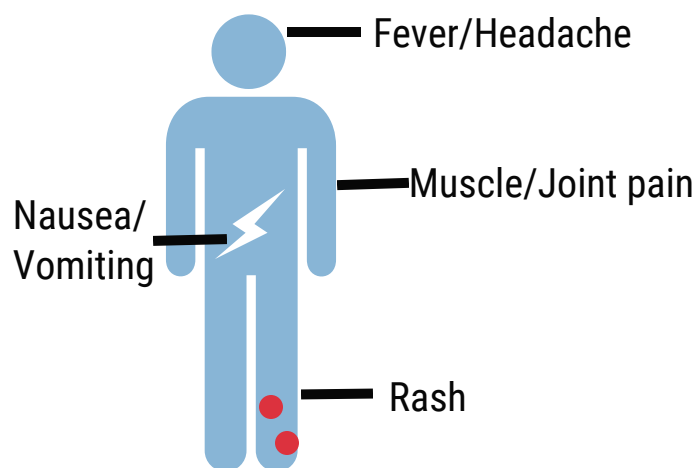
- Insect repellent (with DEET)
- Pants and long sleeved shirts
- Condoms (Zika prevention)



Other prevention steps:

- Avoid being outside when mosquitoes are most active
- Know where you are traveling and which diseases are endemic there
- Contact your local public health department or healthcare provider with questions

## General signs and symptoms of mosquito-borne disease



Most people infected with these viruses do not have symptoms, or have mild symptoms. If you develop symptoms, seek medical care and inform your healthcare provider of your travel history.



For more information, please visit the DPHHS website at <https://dphhs.mt.gov>