



## CDC Travel Health Notice: Jamaica

### Alert Level 2, Practice Enhanced Precautions

#### What is the current situation?

Zika virus (or Zika) has been reported in Jamaica. Public health officials have reported that mosquitoes in Jamaica are infected with Zika and spreading it to people. The mosquitoes that spread Zika usually do not live at altitudes above 6,500 feet because of environmental conditions. Although there is a risk of Zika in Jamaica, travelers whose itineraries are limited to areas above this altitude are at minimal risk of getting Zika from a mosquito.

Many people infected with Zika virus do not get sick or only have mild symptoms. However, infection during pregnancy can cause severe birth defects. Because there is no vaccine or medicine for Zika, travelers should take steps to prevent getting Zika during travel. They should also take steps to prevent spreading it when they return home.

#### What can travelers do to prevent Zika?

- ***Pregnant women should NOT travel to areas with risk of Zika. This is because Zika infection during pregnancy can cause serious birth defects.***
- ***All travelers to areas with risk of Zika should (1) prevent mosquito bites and (2) use condoms or not have sex to protect against Zika during travel. They should continue to take these precautions after their trip to stop the spread of Zika to others back home***

### Watch Level 1, Practice Usual Precautions

Notice Level	Traveler Action	Risk to Traveler
Level 1: Watch	Reminder to follow usual precautions for this destination	Usual baseline risk or slightly above baseline risk for destination and limited impact to the traveler
Level 2: Alert	Follow enhanced precautions for this destination	Increased risk in defined settings or associated with specific risk factors; certain high-risk populations may wish to delay travel to these destinations
Level 3: Warning	Avoid all non-essential travel to this destination	High risk to travelers