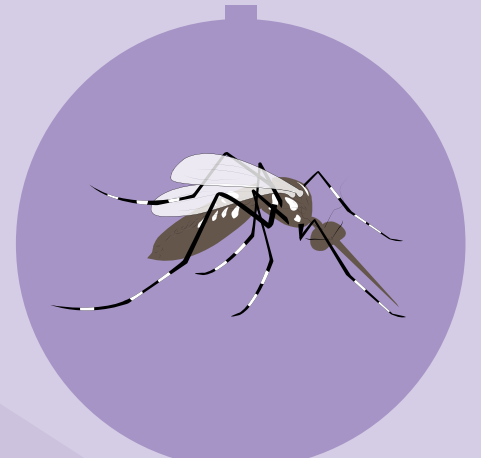


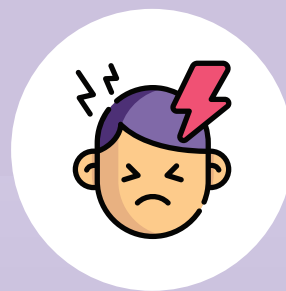
# If you are traveling to areas where dengue is present

Protect yourself from mosquito bites by:

- wearing long sleeves, pants, clothes that cover your skin, and closed-toed shoes;
- using insect repellent.



If you experience a fever during your trip or after your return plus the following symptoms:



Severe headache



Pain behind the eyes



Nausea or vomiting



Weakness



Muscle or joint pain



Rash



Do not take any medication and seek medical attention. Early and appropriate medical care can save lives!



**HSA**  
Public Health  
Health Services Authority

**PAHO**



Pan American  
Health  
Organization



World Health  
Organization  
REGIONAL OFFICE FOR THE  
AMERICAS

