

Facts about Travel to Mexico

Zika Virus Cases Are NOT Reasons to Change Travel Plans

As of October 3, 2016

1 ZIKA VIRUS IS NOT NEW

- While it's relatively new to North America, it was first discovered in 1947
- It's present in many countries; and practices for reducing risk and controlling spread are well known and proven effective

2 MEXICO IS VERY PREPARED AND TAKING ACTION

- Mexico is a nation with first-class health care
- As a major tourist destination, for years Mexico has practiced world-class procedures to control the mosquito population
- Hotels, restaurants, airports, and other locations frequently visited by tourists have had mosquito eradication practices in place for years and closely follow international guidelines to monitor and control the population

3 ZIKA VIRUS IS NOT WIDESPREAD AND MOSTLY FOUND IN RURAL AREAS

- Despite Mexico's large land area and population, there have been only 3,784 autochthonous cases reported – less than 1% of cases, globally
- Mexico's number of cases is far fewer than most destinations in Latin America and the Caribbean, including those with considerably smaller populations or visitors
- The vast majority of cases are not found in destinations frequented by tourists; over 70% come from four Mexican states with more rural landscapes

4 SIMPLE STEPS CAN REDUCE RISKS

- Visitors can greatly reduce chances of mosquito bites and infection by following simple precautionary measures, including:
 - Use insect repellent (with DEET)
 - Wear light-colored clothing, covering as much skin as possible
 - Wash and cover containers and dishes that hold water
 - Keep doors and windows closed and use mosquito nets
 - For travelers, choose hotels and resorts that have window screens, air conditioning and offer mosquito nets for beds
 - Women who are pregnant, or considering becoming pregnant, should take special care and follow prenatal-care guidelines when traveling to any foreign destination

5 ZIKA VIRUS IS NOT A REASON TO CHANGE MEXICO TRAVEL PLANS

- The World Health Organization confirms there is no public health justification to cancel or change travel plans to any country reporting Zika virus cases, with the exception of pregnant women who may want to take extra precaution
- This statement applies to all countries, even those with far larger numbers of cases compared to Mexico – which has less than 1% of globally reported cases