

Zika Topic of the Week

“Zika Topic of the Week” is a coordinated communication approach to highlight a simple message related to Zika each week. The message will be featured on the [CDC.gov](http://www.cdc.gov) homepage, on the [CDC Features](#) webpage, throughout the [Zika website](#), and through CDC’s social media channels. Social media messages will be developed for release during the week. The messages will be shared with our partners to encourage them to post for their audiences. When possible, the Zika prevention message will intersect with an established communication plan (i.e., National Preparedness Month).

Week of October 10

Stop Zika After Your Trip!

Prevent the spread of Zika [after international travel](#).

Download the CDC Zika Widget for your website:

- English: <http://www.cdc.gov/widgets/zika/index.html>
- Spanish: <http://www.cdc.gov/widgets/zikaspanish/index.html>

Sample social media to help spread the word:

Facebook

- Zika prevention shouldn’t stop when you get home. Protect others by preventing Zika from spreading AFTER travel: keep taking steps to prevent mosquito bites for 3 weeks after you get home, use condoms, and see a doctor if you get sick. Learn more about how to prevent Zika after travel at <http://go.usa.gov/chG34>
- Help prevent the spread of #Zika after your trip—even if you don’t feel sick! Take steps to prevent mosquito bites for 3 weeks after visiting a destination with Zika to make sure you don’t spread it to mosquitoes in your area. Because Zika can also be spread through sex, you should use condoms after travel, especially if your partner is pregnant. If your partner is pregnant, use condoms or don’t have sex for the rest of her pregnancy. If you feel sick after travel, talk to your doctor. Learn more at: <http://go.usa.gov/chG34>
- Zika can be spread through sex, so take steps to protect your partners after travel—even if you don’t feel sick! Use condoms after travel (6 months after travel for men, or 8 weeks for women). If your partner is pregnant, use condoms or don’t have sex for the rest of her pregnancy. Learn more: <http://go.usa.gov/xakg9>

Twitter

- Bring #Zika prevention home - use condoms and prevent mosquito bites after travel. <http://go.usa.gov/chG34>
- Visited an area with #Zika? Women: wait 8 wks after travel if you’re trying to get pregnant. Men: wait 6 months. <http://go.usa.gov/xq3FQ>
- Clinicians: learn more about advising patients after travel to areas w/ #Zika in CDC travel notices: <http://go.usa.gov/cvQwR>
- Returning travelers infected w/ #Zika can spread it to mosquitoes (who can then bite others!) Use insect repellent for 3 wks after #travel.

- #Zika prevention doesn't end on the flight home. Keep covered up and use insect repellent for 3 wks after travel. <http://go.usa.gov/chG34>

Upcoming Zika Topics of the Week:

- October 17: Pregnancy
- October 24: Mosquito Control
- October 31: Zika Basics
- November 7: Holiday travel