

Are you travelling to a region with a high risk of mosquito-borne diseases?

Beware of illnesses such as Chikungunya, Dengue and Zika



Protect yourself from mosquito bites



Wear long and light clothing



Use mosquito repellent



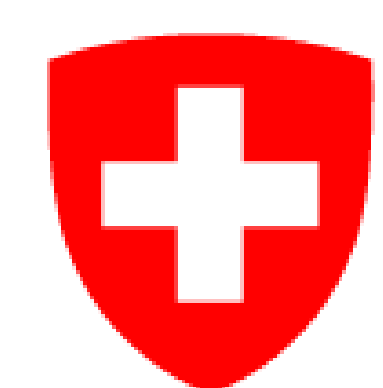
Use mosquito nets

If you have **symptoms** such as

fever
joint and muscle pain
rash
headache

Contact a **doctor**

Be especially careful during pregnancy



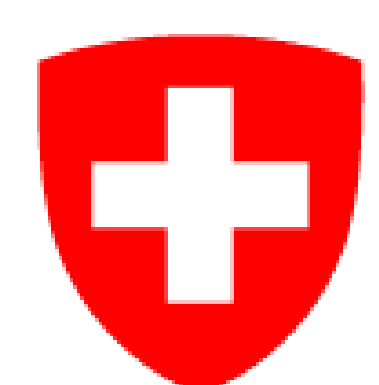
Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Department of Home Affairs FDHA
Federal Office of Public Health FOPH

For more information, visit:
www.bag.admin.ch/travelinfo

Are you travelling to a region with a high risk of mosquito-borne diseases?

Get country-specific information at [HealthyTravel.ch](https://www.healthytravel.ch)



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