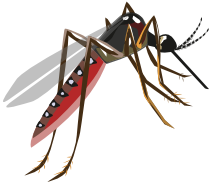


# TOP 5 FACTS ABOUT ZIKA VIRUS



**THE ZIKA VIRUS IS SPREADING IN MANY PLACES AROUND THE WORLD. BEFORE YOU TRAVEL, GET INFORMED.**



## 1 The Zika virus is:

- found:**
- in tropical climates
  - at elevations below 2,000 metres
- spread:**
- mainly through the bite of an infected mosquito
  - by having sex
  - during pregnancy, from an infected mother to her fetus
  - by infected people who donate; cells • blood • tissue • semen • organs

## 2 The best way to prevent Zika virus infection is to prevent mosquito bites. There is no vaccine to prevent, and no medicine to treat, Zika virus infections.

**To prevent mosquito bites:**

- use **insect repellent** on exposed skin: follow label instructions
- use bed nets: they can also cover playpens, cribs and strollers
- **cover up:** - wear light-coloured, long-sleeved shirts and long pants
- **stay in:** - **rooms** with air conditioning
  - places that have **intact window and door screens**

## 3 Zika virus infection during pregnancy may cause birth defects.

- If you're pregnant, being infected with Zika virus raises your baby's risk of severe health outcomes.
- One such outcome is **microcephaly**, which is an abnormally small head.

## 4 Pregnant women and those planning a pregnancy should not travel to Zika-affected countries or areas.

If you must travel, prevent mosquito bites. Ask a health care provider about how to avoid getting Zika virus.

## 5 The Zika virus can be sexually transmitted.

**If you are pregnant** and your partner has travelled to a Zika-affected country or area:

- **always** use condoms correctly during the pregnancy, or
- avoid having sex during the pregnancy

**Female travellers:** If you plan to become pregnant, **wait at least 2 months** after returning from a Zika-affected country or area before trying for a pregnancy.

**Male travellers: Wait 6 months** after returning from a Zika-affected country or area before trying for a pregnancy. During that time, you should:

- always use condoms correctly, or
- avoid having sex

If your partner is pregnant, you should:

- use a condom, correctly during the pregnancy, or
- avoid having sex the during the pregnancy

For more information: [Canada.ca/zika-virus](http://Canada.ca/zika-virus)