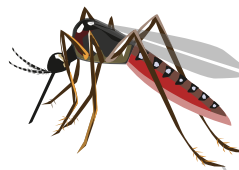


ADVICE FOR CANADIANS TRAVELLING TO ZIKA-AFFECTED COUNTRIES AND AREAS



PROTECT AGAINST ZIKA VIRUS BY PREVENTING MOSQUITO BITES



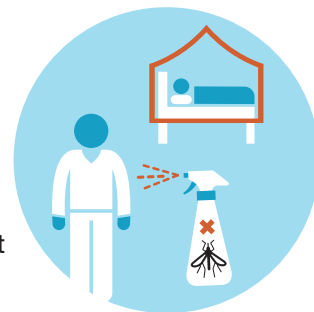
PREGNANT WOMEN AND THOSE PLANNING A PREGNANCY

- Avoid travel to [Zika-affected countries](#) and areas.
- If travel cannot be avoided or postponed, strict mosquito bite prevention measures should be followed. Discuss your travel plans with a health care professional at least 6 weeks before you travel and follow up upon your return.
- ALWAYS use condoms or avoid having sex **for the duration of your pregnancy** if your partner has travelled to a Zika-affected country or area.

MOSQUITOES BITE IN DAYLIGHT AND EVENING HOURS

Prevent mosquito bites:

- Use approved insect repellent and apply it properly.
- Cover up by wearing light-coloured, loose clothing, long pants and tucked-in long-sleeved shirts with closed-toe shoes or boots and a hat.
- Stay in indoor areas that are completely enclosed or well-screened.
- Use mosquito netting (bed net) when sleeping outdoors or staying in a building that is not completely enclosed or does not have functioning screens or doors and to cover playpens, cribs or strollers.



MONITOR YOUR HEALTH AND WATCH FOR THESE SYMPTOMS:

Most people infected with Zika virus will have no symptoms or will have only mild symptoms which can include:

- rash
- nausea
- vomiting
- lack of energy
- fever
- red eyes
- headaches
- muscle or joint pain



If you get sick while travelling or within 14 days after your return, see a health care professional and tell them where you have been travelling or living.



For more information: Canada.ca/zika-virus

