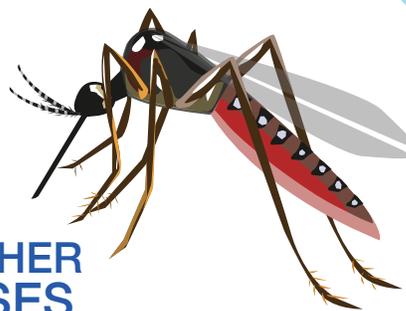


# MOSQUITO BITE PREVENTION FOR TRAVELLERS

MOSQUITOES SPREAD **DENGUE, CHIKUNGUNYA, ZIKA VIRUS,** AND OTHER DISEASES.



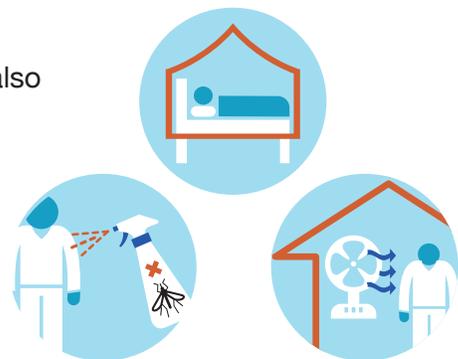
**Pregnant women, and those planning a pregnancy,** should avoid travel to countries of ongoing Zika virus outbreaks. If travel cannot be avoided or postponed, strict mosquito bite prevention measures should be followed.

## MOSQUITOES BITE DAY AND NIGHT

These mosquitoes are aggressive biters usually during the day, but can also bite at night.

Prevent mosquito bites:

- Use insect repellent
- Cover up: wear light-coloured long-sleeved shirts and long pants
- Use bed nets: they can also cover playpens, cribs or strollers
- Stay in rooms with air conditioning
- Keep windows/door screens in good repair



## MONITOR YOUR HEALTH AND WATCH FOR THESE SYMPTOMS:

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



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

For more information: [Canada.ca/insect-bite](http://Canada.ca/insect-bite)