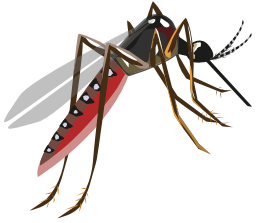


TOP 5 FACTS ABOUT ZIKA VIRUS



THE ZIKA VIRUS IS CIRCULATING IN MANY COUNTRIES. BEFORE YOU TRAVEL, LEARN MORE ABOUT THE ZIKA VIRUS AND HOW TO PROTECT YOURSELF.



- 1 Zika virus is primarily spread through the bite of infected mosquitoes.**
These mosquitoes are aggressive biters usually during the day, but can also bite at night.
- 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.**
 - Use **insect repellent** correctly and consistently: follow directions on the label
 - **Cover up:** wear light-coloured, long-sleeved shirts, long pants and a hat
 - **Stay in rooms** with air conditioning and places that have **intact window and door screens.**
 - **Use bed nets:** they can also be used to cover playpens, cribs and strollers
- 3 Zika virus infection during pregnancy may cause birth defects.**
If you're pregnant, infection with Zika virus could increase the risk of severe health outcomes for your unborn baby and infant, like **microcephaly** – an abnormally small head, and other birth defects.
- 4 Pregnant women and those planning a pregnancy should avoid travel where Zika virus is transmitted by mosquitoes.**
If travel cannot be avoided, follow strict mosquito bite prevention measures. Discuss your travel plans with a health care professional for specific advice to reduce your risk of getting Zika virus.
- 5 Zika virus can be sexually transmitted.**
If you are pregnant and your partner has travelled to an area with local mosquito-borne transmission of Zika virus, use condoms correctly and consistently or avoid having sex **for the duration of your pregnancy.**
Female travellers: If you are wishing to become pregnant, wait at least **2 months** after returning from travel to areas with local mosquito-borne transmission of Zika virus before trying to conceive.
Male travellers: Wait **6 months** after returning from travel to areas with local mosquito-borne transmission of Zika virus before trying for a pregnancy, by using a condom correctly and consistently, or by avoiding having sex with all partners. If your partner is pregnant, use a condom, correctly and consistently, or avoid having sex, for the duration of the pregnancy.

For more information: Canada.ca/zika-virus