

PREGNANT OR PLANNING A PREGNANCY?



LEARN ABOUT ZIKA VIRUS BEFORE YOU OR YOUR PARTNER TRAVEL

ZIKA VIRUS CAN BE PASSED FROM A PREGNANT WOMAN TO HER FETUS AND INFECTION DURING PREGNANCY MAY CAUSE BIRTH DEFECTS.

THERE IS NO VACCINE TO PREVENT, OR MEDICINE TO TREAT ZIKA VIRUS INFECTION

- **Avoid travel** to countries, or areas in the United States, with reported mosquito-borne Zika virus transmission. See our [Travel Health Notice](#) on [Travel.gc.ca](#) for details.
- **If travel cannot be avoided** follow strict [mosquito bite prevention measures](#).
- Discuss your travel plans with a health care professional for specific advice.



ZIKA VIRUS CAN ALSO BE SEXUALLY TRANSMITTED

If you are pregnant

- If your partner has travelled to an area with local mosquito-borne transmission of Zika virus, **ALWAYS** use condoms correctly and consistently, or avoid having sex, **for the duration of your pregnancy**.

If you or your partner is wishing to become pregnant

- **Female travellers:** wait **at least 2 months** after returning from travel to areas with local mosquito-borne transmission of Zika virus before trying to conceive to ensure that any possible Zika virus infection has cleared your body.
- **Male travellers:** wait **6 months** after returning from travel to areas with local mosquito-borne transmission Zika before trying for a pregnancy, by using a condom correctly and consistently or by avoiding having sex.



PREVENT MOSQUITO BITES FOR THE BEST PROTECTION

- Use **insect repellent** correctly and consistently Mosquitoes usually bite during the day, but can also bite at night. 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:** over beds, or to cover playpens, cribs or strollers

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

