

# ZIKA VIRUS: PREGNANT OR PLANNING A PREGNANCY?



## LEARN ABOUT ZIKA BEFORE YOU OR YOUR PARTNER TRAVEL

ZIKA VIRUS CAN BE PASSED FROM A PREGNANT WOMAN TO HER UNBORN BABY AND AN INFECTION DURING PREGNANCY CAN CAUSE BIRTH DEFECTS.



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

### If you are pregnant, you should avoid:

- travelling to a [Zika-affected country](#) or area
- unprotected sexual contact with anyone who has travelled to a Zika-affected country or area for the duration of your pregnancy

### If you can't avoid travel, you should:

- follow strict [mosquito bite prevention measures](#)
- discuss your travel plans with a health care professional at least 6 weeks before you travel and follow up upon your return
- avoid unprotected sexual contact with anyone

See our [Travel Health Notice on Travel.gc.ca](#) for details.

### If you are planning a pregnancy after travelling:

- Women should wait **2 months after travel or after onset of illness due to Zika virus (whichever is longer)** before trying for a pregnancy. This will ensure that any possible Zika virus infection is cleared from your body.
- Men should wait **3 months after travel or after onset of illness due to Zika virus (whichever is longer)** before trying for a pregnancy. Infectious Zika virus has been found in the semen of some infected men for a prolonged period of time. During this 3-month period, men should:
  - always use condoms correctly, or
  - avoid having sex



## PREVENT MOSQUITO BITES FOR THE BEST PROTECTION.

- Use an 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

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



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