



ZIKA VIRUS: WHAT MEN NEED TO KNOW

INFORMATION FOR MEN TRAVELLING TO OR RETURNING FROM A ZIKA-AFFECTED COUNTRY OR AREA

THE ZIKA VIRUS CAN:

- be spread sexually to a woman who may then pass it to her unborn baby and can cause serious birth defects
- remain in the semen of infected males for a prolonged period of time
- be spread by an infected male with or without symptoms to his sexual partners



WHEN TRAVELLING TO A ZIKA-AFFECTED COUNTRY OR AREA, ALL MEN SHOULD:

- talk to a health care professional to know the risks preferably 6 weeks before travelling
- take measures to prevent mosquito bites during the day and night when travelling
- use condoms correctly or avoid having sex with their partner when travelling
- use condoms correctly or avoid having sex with their partner for **3 months after returning to Canada or after onset of illness due to Zika virus (whichever is longer)**; this includes the use of sex toys
- wait 3 months **after returning to Canada or after onset of illness due to Zika virus (whichever is longer)**, before donating semen



Men who have a pregnant partner should:

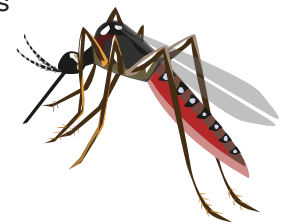
- use condoms correctly or avoid having sex for the duration of the pregnancy, after travelling to a Zika-affected country or area

Men planning a pregnancy with their partner should:

- delay trying for a pregnancy by using condoms correctly or avoid having sex for 3 months after returning to Canada or after onset of illness due to Zika virus (whichever is longer), to ensure the virus has

SYMPTOMS OF ZIKA VIRUS MAY INCLUDE:

- skin rash
- red eyes
- weakness
- headaches
- lack of energy
- muscle or joint pain
- possible joint swelling, mainly in the smaller joints of the hands and feet
- low-grade fever (37.8 to 38.5°C)



Men who have symptoms of Zika virus should talk to a health care professional about testing options if they have:

- travelled to a Zika-affected country or area recently, or
- had unprotected sexual contact with a person who has recently travelled to a Zika-affected country or area

For more information visit: Canada.ca/zika-virus

