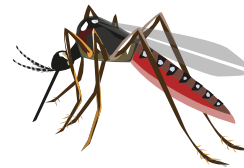


# ADVICE TO TRAVELLERS TO ZIKA-AFFECTED COUNTRIES



## PROTECT AGAINST **ZIKA VIRUS** BY PREVENTING **MOSQUITO BITES**



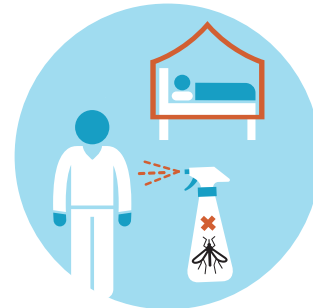
### PREGNANT WOMEN AND THOSE CONSIDERING BECOMING PREGNANT

- Discuss your travel plans with your health care provider to assess your risk and consider postponing travel.
- If travel cannot be postponed, strict mosquito bite prevention measures should be followed.

### MOSQUITOES BITE IN DAYLIGHT AND EVENING HOURS

#### 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:

- low-grade fever
- red eyes
- lack of energy
- rash
- muscle or joint pain
- headaches

**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/zika-virus](https://Canada.ca/zika-virus)



Public Health  
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