



# 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 fetus, causing serious birth defects to the unborn child
- remain in the semen of infected males for **up to 6 months**
- 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 their health care provider to know the risks before travelling
- take measures to prevent mosquito bites at all times, day and night when travelling
- use condoms correctly or avoid having sex with any partner when travelling
- use condoms correctly or avoid having sex for **6 months after returning to Canada**; this includes the use of sex toys
- postpone semen donations for **6 months after returning to Canada**
- wait at least **21 days after returning to Canada** before donating cells, blood, tissues, or organs



#### Men who have a pregnant partner should:

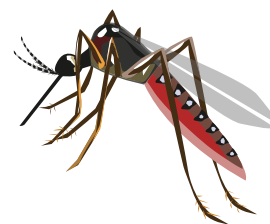
- use condoms correctly or avoid having sex for the duration of the pregnancy, after travelling

#### Men planning a pregnancy with their partner should:

- use condoms correctly or avoid having sex for 6 months after returning to Canada to ensure the virus has cleared the body

#### SYMPTOMS OF ZIKA 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 should talk to their health care provider about testing options if they have:

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

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



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