

MOSQUITO BITE PREVENTION FOR TRAVELLERS

MOSQUITOES SPREAD

DENGUE, CHIKUNGUNYA, ZIKA VIRUS, AND OTHER DISEASES.

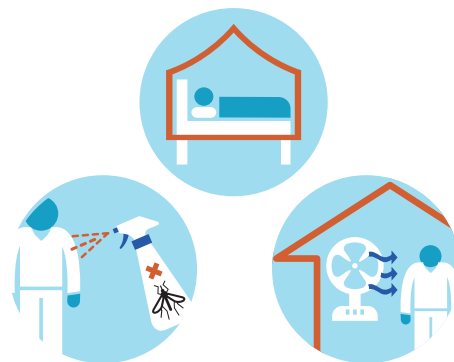
THEY BITE DURING THE DAY AND NIGHT.



PREGNANT WOMEN, AND THOSE PLANNING A PREGNANCY, SHOULD NOT TRAVEL TO ZIKA-AFFECTED COUNTRIES OR AREAS.

If you must travel **prevent mosquito bites by:**

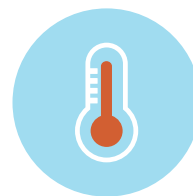
- using insect repellent on exposed skin: follow label instructions
- using bed nets: they can also cover playpens, cribs or strollers
- covering up: wear light-coloured long-sleeved shirts and long pants
- staying in:
 - rooms with air conditioning
 - places that have intact window and door screens



MONITOR YOUR HEALTH

Watch for these symptoms:

- rash
- fever
- nausea
- red eyes
- vomiting
- headaches
- lack of energy
- muscle or joint pain



If you get sick while travelling or within 14 days after your return, see a health care provider. Tell them where you have been travelling or living.

For more information: Canada.ca/insect-bite



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