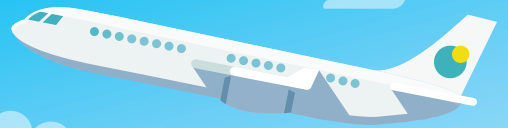


# PREGNANT OR PLANNING A PREGNANCY?



## LEARN ABOUT ZIKA BEFORE YOU OR YOUR PARTNER TRAVEL

THE ZIKA VIRUS IS MAINLY SPREAD THROUGH THE BITE OF AN INFECTED MOSQUITO.

ZIKA VIRUS CAN BE PASSED FROM A PREGNANT WOMAN TO HER FETUS. INFECTION DURING PREGNANCY MAY CAUSE BIRTH DEFECTS.

### THERE IS NO VACCINE TO PREVENT, NOR MEDICINE TO TREAT, ZIKA VIRUS INFECTION

- **Avoid travel** to Zika-affected countries or areas. See our [Travel Health Notice on Travel.gc.ca](#) for details.
- **If you must travel**, [protect yourself from mosquito](#) at all times.
- Get advice from a health care provider or visit a travel health clinic at least 6 weeks before you travel.

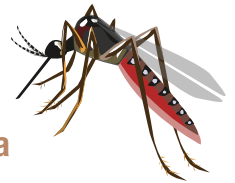
### ZIKA VIRUS CAN ALSO BE SEXUALLY TRANSMITTED

**If you or your partner is pregnant and you have travelled to a Zika-affected country or area**

- **always** use condoms correctly during the pregnancy, or
- avoid having sex during the pregnancy

**If you or your partner would like to become pregnant**

- **Female travellers:** Female travellers should wait **at least 2 months** after returning from a Zika-affected country or area before trying for a pregnancy. This will ensure that if you were infected with the Zika during your travels it will be gone from your body before you get pregnant.
- **Male travellers:** Male travellers should wait **6 months** after returning from a Zika-affected country or area before trying for a pregnancy. During that time, you should:
  - **always** use condoms correctly, or
  - avoid having sex



### FOR TOP PROTECTION: PREVENT MOSQUITO BITES

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



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



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