

TOP 5 FACTS ABOUT ZIKA VIRUS



THE ZIKA VIRUS IS CIRCULATING IN MANY COUNTRIES. BEFORE YOU TRAVEL, LEARN MORE ABOUT THE ZIKA VIRUS AND HOW TO PROTECT YOURSELF.



1 Zika virus is primarily spread through the bite of infected mosquitoes. These mosquitoes are aggressive biters during daylight and evening hours.

2 The best way to prevent Zika virus infection is to prevent mosquito bites. There is no vaccine to prevent, and no medicine to treat, Zika virus infections.

- Use **insect repellent** correctly and consistently: follow directions on the label
- **Cover up:** wear light-coloured, long-sleeved shirts, long pants and a hat
- **Stay in rooms** with air conditioning and places that have **intact window and door screens**. If they are not intact, use bed nets.

3 Zika virus infection during pregnancy may cause birth defects. If you're pregnant, infection with Zika virus could increase the risk of severe health outcomes for your unborn baby and infant, like **microcephaly** – an abnormally small head, and other birth defects.

4 Pregnant women and those planning a pregnancy should avoid travel where Zika virus is transmitted by mosquitoes. If travel cannot be avoided, follow strict mosquito bite prevention measures. Discuss your travel plans with a health care professional for specific advice to reduce your risk of getting Zika virus.

5 Zika virus can be sexually transmitted. **If you are pregnant** and your partner has travelled to an area with local mosquito-borne transmission of Zika virus, use condoms correctly and consistently or avoid having sex **for the duration of your pregnancy**.

Female travellers: If you are wishing to become pregnant, wait at least **2 months** after returning from travel to areas with local mosquito-borne transmission of Zika virus before trying to conceive.

Male travellers: Wait **6 months** after returning from travel to areas with local mosquito-borne transmission of Zika virus before trying for a pregnancy, by using a condom correctly and consistently, or by avoiding having sex with all partners. If your partner is pregnant, use a condom, correctly and consistently, or avoid having sex, for the duration of the pregnancy.

For more information: Canada.ca/zika-virus