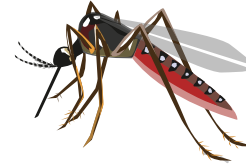


ADVICE TO TRAVELLERS TO ZIKA-AFFECTED COUNTRIES



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



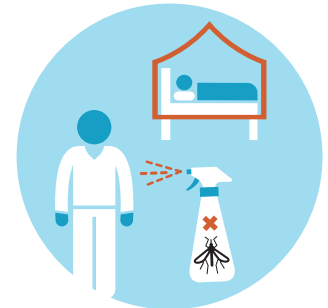
PREGNANT WOMEN AND THOSE CONSIDERING BECOMING PREGNANT

- 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