

# ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES



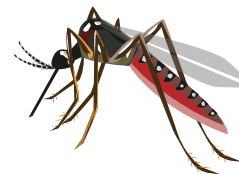
## ZIKA VIRUS

IS MAINLY SPREAD TO PEOPLE THROUGH THE BITE OF  
**INFECTED MOSQUITOES**

Zika virus infection in a **PREGNANT WOMAN**  
could be **TRANSMITTED TO HER DEVELOPING BABY.**

On some occasions, **IT HAS ALSO BEEN REPORTED  
TO BE TRANSMITTED THROUGH:**

- Sexual contact with semen from an infected man
- Blood transfusions from infected donors



### IF YOU ARE A:

#### **WOMAN WISHING TO BECOME PREGNANT –**

wait at least two months after your return before trying to conceive.

#### **MAN –**

use condoms for **two** months after your return with a partner who could become pregnant and use condoms for **the duration** of the pregnancy with a partner who is pregnant.

#### **BLOOD DONOR –**

wait at least 21 days after your return to donate blood.



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](https://Canada.ca/zika-virus)