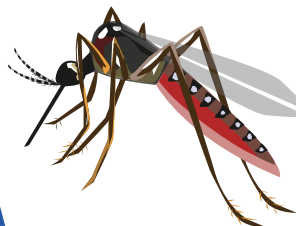


MOSQUITO BITE PREVENTION FOR TRAVELLERS



MOSQUITOES
SPREAD

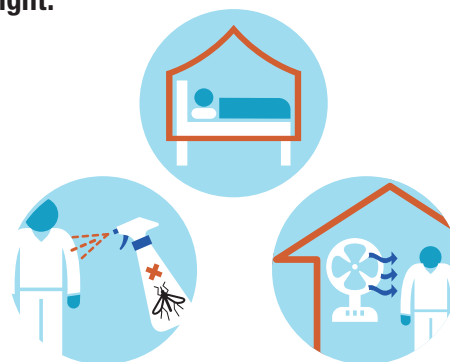
**ZIKA VIRUS,
DENGUE, MALARIA,
CHIKUNGUNYA,** AND OTHER DISEASES.
THEY BITE DURING THE DAY AND NIGHT.



PREGNANT WOMEN AND THOSE PLANNING A PREGNANCY SHOULD AVOID TRAVEL TO ZIKA-AFFECTED COUNTRIES OR AREAS.

If you must travel, prevent mosquito bites during the day and night:

- Use an approved [insect repellent](#) and apply it properly.
- Cover up by wearing light-coloured, loose clothing, long pants and tucked-in long-sleeved shirts with closed-toe shoes or boots and a hat.
- Stay in indoor areas that are completely enclosed or well-screened.
- Use mosquito netting (bed net) when sleeping outdoors or staying in a building that is not completely enclosed or does not have functioning screens or doors and to cover playpens, cribs or strollers.



MONITOR YOUR HEALTH

Watch for these symptoms. Most people infected with Zika virus will have no symptoms or will have only mild symptoms which can include:

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

14

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

For more information: Canada.ca/insect-bite-prevention



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