




ZIKA VIRUS DISEASE

TRAVEL ADVICE

 Zika virus is spreading in many countries¹, especially in South and Central America and in the French departments of America. Zika virus is transmitted from person to person through the bite of an Aedes mosquito. Spread of the virus through sexual contact has been reported.

Before you travel to one of the affected countries

- ➔ Check the “travel advice” fact sheet related to the country where you are travelling to on the webpage of the ministry of foreign Affairs¹ and the Zika virus webpage of the ministry of Health².
- ➔ If you are pregnant, you should consider postponing your travel to the areas where Zika virus transmission is ongoing. Otherwise, please consult your doctor or gynecologist before leaving.

In the affected areas or up to 12 days after your return

- ➔ Please refer to recommendations from the local authorities;
- ➔ Avoid mosquito's bites by adopting individual protective measures (wear long clothing, use repellents³ and air conditioning...);
- ➔ If you are pregnant, be particularly vigilant and reinforce individual protective measures. Do not have unprotected sex during pregnancy. After your return, inform your doctor that you travelled to an affected country.

If you develop Zika virus symptoms:

- skin rash with or without fever, even mild;
- and at least two of the following signs: red eyes, muscle pain, joint pain.

➔ Please consult your doctor quickly, especially if you are pregnant.

For more information

1 - Travel advice
www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/

3 - List of repellents
social-sante.gouv.fr/repulsifs-moustiques

2 - Zika virus webpage “Maladie à virus Zika”
social-sante.gouv.fr/virus-zika

