



Zika virus- Travel advice



Travel advice for women who are pregnant or planning pregnancy shortly

What is Zika virus?

Zika is a viral infection spread by mosquitoes that live in warm climates and bite during the day.

The infection is often mild but recently has been associated with severe birth defects and miscarriage.

No specific treatment or vaccine is available.

Symptoms

Typical symptoms include rash, red eyes, fever, joint and muscle pains which can last about a week. Only 1 in 5 people infected seems to develop symptoms.

How to protect yourself ?

Protect yourself from mosquito bites that transmit Zika virus.

- Whenever possible wear long pants and long sleeves.
- Use effective insect repellent during the day such as 20% DEET
- Stay in air-conditioned places or buildings with screens and doors.
- Reconsider travel to areas where Zika virus is transmitted.

Advice

Due to a possible link between Zika infection caused by mosquito bites and severe birth defect to the brain (microencephali), there is a travel warning in place from the World Health Organization stating that pregnant women should be advised not to travel to areas of ongoing Zika virus outbreaks.

Countries with increased risk

Brazil, Colombia, El Salvador, French Guiana, Guatemala, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Suriname, Venezuela and the Commonwealth of Puerto Rico. For updates please consult [Centers for Disease Control and Prevention](#)

For further advice or questions please contact Aker Care: Tel: +47 40 00 48 50