



IF YOU ARE PREGNANT OR PLANNING A PREGNANCY, AVOID TRAVELLING TO **ZIKA-AFFECTED** COUNTRIES OR AREAS.

Zika virus is known to cause serious birth defects to an unborn child.
If you must travel, follow strict measures to prevent mosquito bites.



If you already travelled, pregnant women or couples planning a pregnancy should know that Zika virus can be **sexually transmitted**.



Visit **Canada.ca/zika-virus** to learn more.



Public Health
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