



## Attention Travelers to Central and South America, Thailand, the Philippines and Vietnam

There is currently an outbreak of  
the **Zika Virus Disease**

**Beware of  
mosquitos  
on your travels!**



### Mosquito bites cause infections



**Prevent mosquito bites** on your travels by wearing long sleeves and pants, and regularly applying bug repellent.

### Pregnant women and women planning pregnancy should beware



**We recommend that you do not travel** to areas where transmission of Zika virus is known to occur; if you become infected, your fetus may develop birth defects such as microcephaly.

### The disease may be spread through sexual contact



**Regardless if there are clinical symptoms or not, please use a condom if you engage in sex, or refrain from sex altogether** when traveling.

More  
information



### Quarantine Station Website

<http://www.forth.go.jp>



**FORTH Zika**



# There is an outbreak of the **Zika Virus Disease** in Central and South America, Thailand, the Philippines and Vietnam!



**Pregnant women and women planning pregnancy should be especially cautious**

## Attention pregnant women and women planning pregnancy



- Becoming infected with the Zika virus while you are pregnant can lead to your fetus developing birth defects, such as microcephaly. If you are pregnant or are planning pregnancy, we recommend that you refrain from traveling to outbreak areas. **If you must travel, take precautions against mosquito bites.**

## Attention travelers to regions with outbreaks (travel caution)



- **Take precautions against mosquito bites in outbreak regions, such as wearing long sleeves and pants, and regularly applying insect repellent.**
- Consider the risk of sexually-transmitted infections during your stay in outbreak areas, and **use a condom during sex or refrain from sex altogether, regardless of the presence of clinical symptoms.**

For more information on precautions for your return to Japan →

Quarantine Station Website FORTH  
<http://www.forth.go.jp>

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## Zika Virus Disease

### Symptoms

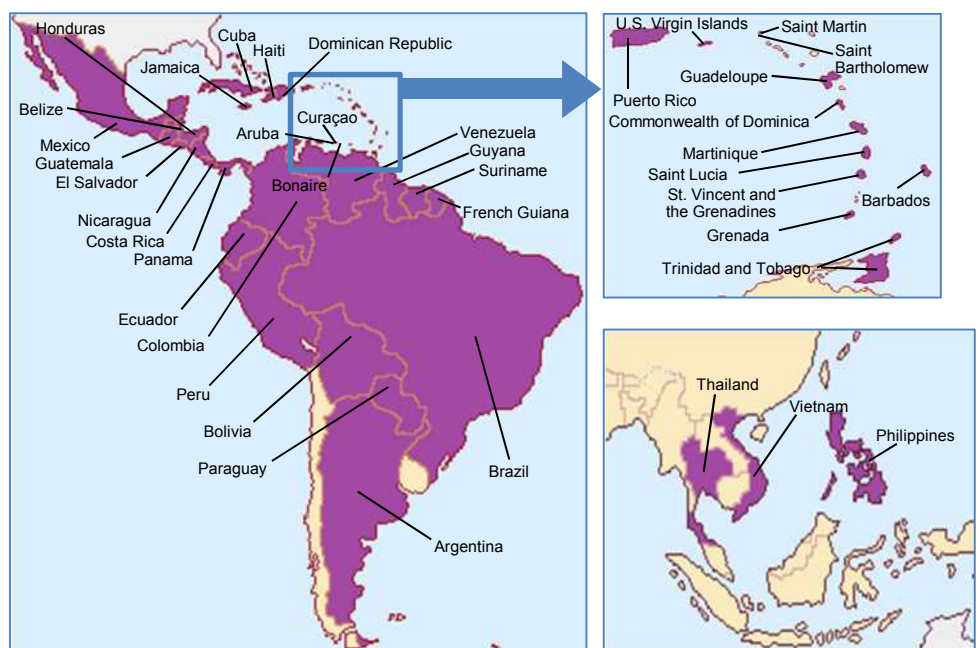
Mainly a mild fever, rash, conjunctivitis (red eyes), joint pain, muscle pain, malaise, headache etc.

### Infection Route

Infection occurs through the bite of a mosquito that carries the Zika virus. Infection may also occur through blood transfusion and sex. Not all infected people exhibit symptoms; some may not exhibit any symptoms or symptoms so mild they remain undetected.

### Outbreak Regions

There are occurrences of the Zika Virus Disease in Africa, Central and South America, and the Asia-Pacific Region; outbreaks of the Disease have been spreading in Central and South America in recent years. The Disease is also active in areas outside of Central and South America (American Samoa, Fiji, Kosrae Island of the Federated States of Micronesia, Marshall Islands, New Caledonia, Papua New Guinea, Samoa, Tonga, Cape Verde, Thailand, the Philippines and Vietnam).



\*Outbreak regions in Central/South America and Asia as of May 27, 2016