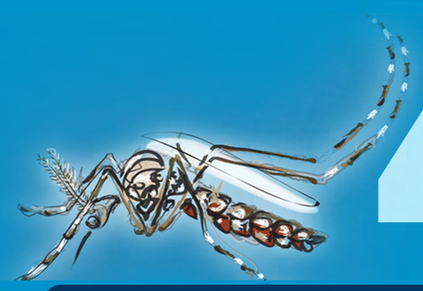

ZIKA VIRUS

World Health Organization
Western Pacific Region

How is Zika prevented?

To prevent mosquito bites that transmit Zika:

Avoid mosquito bites especially during the daytime

- Wear insect repellent and long sleeves and pants.
- Wear light coloured, long-sleeved shirts and long skirts or pants.

Be aware

- Know the advice of your health authorities for additional precautionary measures.
- Pregnant women living in or considering travel to affected areas should consult with their public health or travel authorities.
- If you are pregnant and feel that you may have been exposed to Zika virus, consult your health care provider for close monitoring of your pregnancy.

Clean your surroundings

- Empty, dispose appropriately or cover all containers that could collect water lying around the inside or outside of your house–this is where mosquitoes like to breed.

Controlling the breeding sites of Aedes mosquitoes reduces their number and the likelihood of transmission of Zika, chikungunya, and dengue.