

**Travel and related Health Advisory on Zika Virus Disease  
(Updated on 09.11.2016)**

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Zika virus disease is viral illness transmitted primarily by *Aedes* mosquitoes. It may also spread by sexual route and also to an unborn child of an infected expectant mother. People with Zika virus disease can have mild symptoms lasting 2-7 days but is often asymptomatic. There is scientific consensus that Zika virus is a cause of Microcephaly (abnormally small head, which can be associated with mental and developmental abnormalities in children) and Guillain-Barré syndrome (a neurological disorder manifesting as paralysis).

Keeping in view the current scientific knowledge and global situation, the Travel and Health Advisory has been revised and re-issued by the Ministry of Health and FW.

**If you are planning on visiting Countries/territories affected with Zika Virus Disease<sup>#</sup>**

- Non-essential travel to the affected countries to be deferred/ cancelled\*.
- Pregnant women or women who are planning pregnancy should defer/ cancel their travel to the affected areas.
- All travellers to the affected countries/ areas should strictly follow individual protective measures, especially during day time, to prevent mosquito bites (use of mosquito repellent cream, electronic mosquito repellents, mosquito bed nets, and dress that appropriately covers most of the body parts).

**Travellers returning from areas with ongoing Zika virus transmission<sup>#</sup>**

- Monitor your health. Report to health facility if you have complaint of fever, rash, joint pain, conjunctivitis (red eyes), muscle pain and headache during your stay or within 2 weeks of arrival.
- Take steps to prevent mosquito bites for at least 3 weeks. The Protective measures are :
  - Use mosquito repellent cream, electronic mosquito repellents, use of bed nets, and dress appropriately to cover most of the body parts especially during day time as *Aedes aegypti* mosquito (which is the chief vector responsible for Zika virus disease transmission) bites during daytime.
  - Prevent adult mosquito to rest indoor.
  - Prevent/ control mosquito breeding in & around your house with the following steps:  
prevent open water collection; cover all water tanks and containers with tight lids; dispose & destroy all unused containers, junk materials, tyres, coconut shells etc. (which are potential breeding sites), empty, scrub &

dry the desert coolers every week before refilling. Regularly empty and scrub all water holding containers for a week like bird bath, flower vase, antrappers etc.

- Male travellers should use condoms for at least six months after return to protect their sex partners from probable Zika transmission. Such persons should wait for at least six months after travel before planning pregnancy.
- Male travellers who have a pregnant sex partner should either use condoms for at least six months or not have sex for the rest of the period of pregnancy.
- Women travellers should wait at least 6 months after travel before trying to get pregnant.
- Women, who inadvertently become pregnant or discover they are pregnant during travel or shortly after returning from any of the Zika affected countries, should talk to a doctor even if they don't feel sick. All such pregnant travellers should undergo assessment for possible Zika virus infection.
- Travellers returning from areas with ongoing Zika virus transmission should not donate blood for at least 120 days after departure from the area.
- Travellers may also access MoHFW App "India Fights Dengue" available on Google Play (<https://play.google.com/store/apps/details?id=in.gov.nhp.indiafightsDengue&hl=de>) which empowers and educates the community to keep area free from *Aedes* mosquitoes, the vector of Zika.

**For any clarification or query, you may contact Zika Virus Disease Help Line No. 01123061469/23063205.**

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\* Based on available evidence, World Health Organization is not recommending any travel or trade restrictions.

# Countries & Territories with Active Zika Virus Transmission from 2015 onwards  
Anguilla; Antigua and Barbuda; American Samoa; Argentina; Aruba; Bahamas; Barbados; Belize; Bolivia (Plurinational State of), Bonaire, Sint Eustatius and Saba – Netherlands; Brazil; British Virgin Islands; Cabo Verde, Cayman Islands; Colombia; Costa Rica; Cuba; Curaçao; Dominica; Dominican Republic; Ecuador; El Salvador; Fiji; French Guiana; Grenada; Guadeloupe; Guatemala; Guinea-Bissau; Guyana; Haiti; Honduras; Indonesia; Jamaica; Malaysia; Maldives; Marshall Islands; Martinique; Mexico; Micronesia (Federated States of); New Caledonia; Nicaragua; Panama; Paraguay; Peru; Philippines; Puerto Rico; Saint Barthélemy; Saint Kitts and Nevis; Saint Lucia; Saint Martin; Saint Vincent and the Grenadines; Samoa; Singapore; Sint Maarten; Suriname; Thailand; Tonga; Trinidad and Tobago; Turks and Caicos; United States of America; United States Virgin Islands; Venezuela (Bolivarian Republic of); Viet Nam

(Source: Zika virus situation report (27<sup>th</sup> October, 2016):  
<http://apps.who.int/iris/bitstream/10665/250633/1/zikasitrep27Oct16-eng.pdf?ua=1>