

# There is an outbreak of the **Zika Virus Disease** in Central and South America, Africa, Southeast Asia !



**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>

**FORTH Zika**



## 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.