

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



If you are coming from an outbreak region and you are concerned, speak to a Quarantine Officer

For travelers who have visited outbreak regions (cautions upon returning to Japan)



- You do not need to become overly concerned if you have been bitten by a mosquito; **however, individuals who are concerned and who are exhibiting symptoms, such as a fever, should speak to a Quarantine Officer.**
- To prevent the spread of the Zika Virus in Japan, **take measures to avoid being bitten by mosquitos for at least 2 weeks after returning to Japan,** by regularly applying bug repellent etc.

- If you are returning from an outbreak region, you should use a condom if you engage in sex, or refrain from sex altogether for **at least 6 months** (if your partner is pregnant, during her pregnancy) after your return to Japan, **regardless if there are clinical symptoms or not.**
- **If you are concerned and exhibiting clinical symptom, seek guidance at your local health center.**

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

○ Latin America

Anguilla, Antigua and Barbuda, Argentina, Aruba, Bahamas, Barbados, Belize, Bolivia, Bonaire, Brazil, British Virgin Islands, Cayman Islands, Colombia, Puerto Rico, Costa Rica, Cuba, Curacao, Dominica, Dominican Republic, Ecuador, El Salvador, French Guiana, Grenada, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Martinique, Mexico, Montserrat, Nicaragua, Panama, Paraguay, Peru, Saba, Saint Barthelemy, St. Lucia, St. Martin Island, Saint Vincent and the Grenadines, Sinto Eustatius, Saint Kitts and Nevis, Suriname, Trinidad and Tobago, Turks and Caicos Islands, US Virgin Islands, Venezuela

○ Oceania

American Samoa, Fiji, Marshall Islands, Federated States of Micronesia, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga

○ Africa

Angola, Burkina Faso, Burundi, Cape Verde, Cameroon, Central Africa, Cote d'Ivoire, Gabon, Guinea-Bissau, Nigeria, Senegal, Uganda

○ Asia

Bangladesh, Cambodia, Indonesia, Laos, Malaysia, Maldives, Philippines, Singapore, Thailand, Vietnam

○ North America

The United States

(as of Mar 31, 2017)

