

# 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

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.