

# 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

#### ○ 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, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Montserrat, Nicaragua, Panama, Paraguay, Peru, Saba, 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

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

#### ○ North America

The United States

(as of June 20, 2017)

