

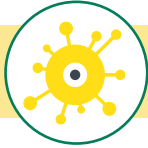


Planning a pregnancy?

Women seeking to become pregnant are advised to DEFER travel to areas of ongoing Zika virus transmission, including Brazil. If you must travel, see your doctor for further advice.

Women and their partners who have travelled to a country with current or recent Zika virus transmission should avoid pregnancy and unprotected sex until they have seen their doctor regarding advised waiting periods.

A doctor will be able to advise if a test for Zika virus is required. Practise safe sex while waiting.



Yellow fever

Yellow fever can be caught in Brazil. Yellow fever is a virus that is caught from a bite from an infected mosquito. It can lead to serious illness and even death.

You CAN vaccinate against yellow fever!

Don't run the risk of getting sick – get vaccinated at least 10 days before your arrival in Brazil to make sure you are protected against yellow fever.

Once vaccinated against yellow fever you are usually protected for life.

Make sure you have a yellow fever international vaccination certificate for your return to Australia as you may be asked at the airport to show it.



Returning home

Seek prompt medical advice if you feel unwell after returning from travel. Be sure to tell your doctor of your travel history!

Your best defence against mosquito-borne viruses is not to get bitten.

Where is Zika virus in the Americas?



Source: Centre for Disease Control and Prevention as at July 2016.

Zika virus outbreaks are occurring outside of the Americas. For more information and a full list of affected areas, check health.gov.au/zika



Australian Government

Department of Health

For more information visit:

www.health.gov.au/rio2016



AUSSIES WATCH OUT FOR MOZZIES IN #RIO2016



Information for travellers

If you are travelling to Brazil for the Rio Olympics and/or Paralympics you **MUST** protect yourself from mosquitoes.

Brazil is experiencing a **Zika virus** outbreak and **yellow fever** is present – both viruses are spread by mosquito bites. Zika virus is also spread through unprotected sexual activity.

Other mosquito-borne viruses that occur in Brazil include **dengue** and **chikungunya**.

There is **NO** vaccine for Zika virus, dengue or chikungunya – your **BEST** protection is to avoid being bitten and for Zika virus, also avoid unprotected sex.

There is a vaccine for yellow fever - don't run the risk of getting sick – get vaccinated at least 10 days in advance of your arrival in Brazil to make sure you are protected against yellow fever.

See your doctor for medical advice before travelling to Brazil.



Mosquitoes are active during the day and night, particularly at dusk and dawn.

Protect yourself from mosquito-borne viruses by doing the following:



Wear long-sleeved shirts and long pants, preferably light coloured.



Clothing may also be treated with insecticide.



Use insect repellents (containing DEET or Picaridin), according to manufacturers' instructions.



Use air conditioning or window/door screens to keep mosquitoes outside, or sleep under a bed net.



Zika virus

Brazil is currently experiencing an outbreak of Zika virus.

There is **NO** vaccine for Zika virus. Your **BEST** defence against Zika virus is to avoid mosquito bites and practise safe sex.



Sexual transmission of Zika

Zika virus can be spread by an infected partner through unprotected sexual activity. Using condoms can prevent this spread. Avoid unprotected sex during travel.

Men returning from travel in areas of ongoing Zika virus transmission should also avoid unprotected sex for at least 8 weeks after they return.

Men who are diagnosed with the Zika virus should avoid unprotected sex for up to 6 months. Consult your doctor for further advice.

There are special recommendations below for pregnant women and couples planning pregnancy.



Pregnancy

Zika infection during pregnancy may cause severe birth defects including microcephaly (incomplete brain development).

Pregnant women are advised to **DEFER** travel to areas of ongoing Zika virus transmission, including Brazil. If you must travel, see your doctor for further advice.

If you are pregnant and have a male partner who has travelled to an area with Zika virus, avoid unprotected sex throughout your pregnancy and see your doctor for further advice.