

Women who are or may be pregnant: Please avoid traveling to Zika virus endemic regions^{*1}.

- The Zika virus is transmitted through the bite of mosquitoes that carry the virus.
- Usually the symptoms remain relatively mild, but **a link between infected pregnant women and microcephaly of fetuses** is suspected.
- If you absolutely must travel to a Zika virus endemic region, you must take strict measures to protect yourself against mosquitoes.*2
- Males who return from Zika virus endemic regions and have a partner who is pregnant are advised to use a condom during sex to protect their partner from the virus, whether or not they have symptoms. (Cases suggesting sexual transmission of the Zika virus through have been reported overseas.)

***1: Zika virus endemic regions (as of March 22, 2016) * This list may change in the future.**

Latin America and Caribbean:

Aruba, Barbados, Bolivia, Bonaire, Brazil, Colombia, Puerto Rico, Costa Rica, Cuba, Curacao, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Martinique, Mexico, Nicaragua, Panama, Paraguay, St. Martin Island, St. Vincent and the Grenadines, Saint Martin, Suriname, Trinidad and Tobago, US Virgin Islands, Venezuela

Oceania and Pacific Ocean Islands: American Samoa, the Marshall Islands, New Caledonia, Samoa, Tonga **Africa:** Cape Verde **Asia:** Thailand

***2: Mosquito protection measures (measures to prevent mosquito bites)**

- ◎ Stay away from locations where you may be exposed to mosquitoes during the day.
- ◎ Wear clothing that does not expose your skin, such as long sleeve shirts, long pants, socks, and the like.
- ◎ Use insect repellent. ◎ When indoors, use mosquito coils, mosquito netting (bed nets), screen doors, and the like.



For more information about Zika virus infection, please visit the website of the Ministry of Health, Labour and Welfare or the Yokohama City Public Health Center website.

Contact: Health Promotion Section, Social Welfare and Public Health Division, Health and Welfare Center of your ward (Tel: (area code: 045)) Weekdays 8:45 to 17:00

Aoba	978-2438	Asahi	954-6146	Izumi	800-2445	Isogo	750-2445	Kanagawa	411-7138	Kanazawa	788-7840
Konan	847-8438	Kohoku	540-2362	Sakae	894-6964	Seya	367-5744	Tsuzuki	948-2350	Tsurumi	510-1832
Totsuka	866-8426	Naka	224-8332	Nishi	320-8439	Hodogaya	334-6345	Midori	930-2357	Minami	341-1185

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