People travelling to affected areas should protect themselves from mosquito bites

People planning to travel to Central and South America, the Caribbean and Mexico can stay up to date on the changing geographic distribution of the Zika virus through online resources. Infection can be prevented by wearing protective clothing such as long-sleeved shirts and long pants and by using insect repellants containing DEET (diethyltoluamide) or icaridin, also known as picaridin.

Treatment of Zika virus infection is supportive

The diagnosis of Zika virus infection is based on results of serum polymerase chain reaction or serologic testing. Acetaminophen can be used to relieve the fever and pain associated with infection.

A potential link between Zika virus infection in pregnant women and congenital microcephaly in newborns is under investigation

Although the potential association between Zika virus infection and microcephaly is being investigated, the Public Health Agency of Canada has cautioned pregnant women and women considering becoming pregnant to assess their risk and consider postponing travel to affected areas and to use individual protection measures to prevent mosquito bites should they choose to travel.

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Affiliations: Division of Infectious Diseases (MacFadden, Bogoch), University of Toronto, Toronto, Ont.; Harvard T.H. Chan School of Public Health (MacFadden), Harvard University, Boston, Mass.

Correspondence to: Derek MacFadden, derek.macfadden@mail.utoronto.ca

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