

## **TRAVEL ADVISORY**

### **Zika virus disease in Singapore**

An outbreak of locally acquired Zika virus disease has been reported in Singapore.

Symptoms of Zika virus disease include mild fever, rash, conjunctivitis and muscle or joint pain. The virus is also responsible for severe birth defects in pregnant women. There is no specific treatment or vaccine against the virus.

Zika virus is spread through the bite of an infected mosquito, the same type of mosquito that spreads dengue and chikungunya viruses.

Travellers to Singapore are advised to:

- avoid mosquito bites by covering as much of the body as possible with long, light-coloured clothing and also by using mosquito repellent creams;
- avoid unnecessary outings at dawn and at dusk; and
- sleep under a mosquito net and /or in an air-conditioned room as far as possible.

It is not recommended that a woman who is pregnant or is trying to become pregnant travels to Singapore. If travel cannot be avoided, it is recommended to seek advice from a medical professional and strictly follow the steps to avoid mosquito bites during the trip. In the event of fever with one or more of the symptoms of Zika developing during travel, it is recommended to consult a doctor.

There is no vaccine against Zika virus. Protection against mosquito bites and control of mosquito proliferation remain the two main pillars of prevention.

Following return from Singapore, it is advisable to contact the nearest health office, health centre or hospital. The following number is also available on weekdays from 09.00 to 16.00 hours: **8924**

**Ministry of Health and Quality of Life**

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