



## How does the Zika virus spread?

Most cases of the Zika virus are spread by infected mosquitoes biting humans. Unlike the mosquitoes that spread malaria, affected mosquitoes (the Aedes mosquito) are most active during the day (but especially during mid-morning and late afternoon to dusk).

## How do I reduce my risk of contracting the Zika virus?

Before travelling, seek travel health advice from your GP/practice nurse or a travel clinic ideally six to eight weeks before you go. Detailed travel health advice for your destination is also available from the [National Travel Health Network and Centre \(NaTHNaC\)](#) website.

To reduce your risk of infection with Zika virus, you should avoid being bitten by an Aedes mosquito. The most effective bite prevention methods, which should be used during daytime and nighttime hours, include:

- using insect repellent that contains N, N-diethyl-meta-toluamide (DEET) on exposed skin – the repellent is safe to use during pregnancy and should be applied to skin after sunscreen is applied
- wearing loose clothing that covers your arms and legs
- sleeping under a mosquito net in areas where malaria is also risk The NaTHNaC and NHs choices websites have further information on [insect bite avoidance](#) and [travelling while pregnant](#).