



*Ministero della Salute*

# Mosquito-borne diseases

## Travel advice for travellers

Several tropical diseases can be transmitted by mosquitoes: malaria, yellow-fever, chikungunya, dengue, zika and others

### BEFORE TRAVELLING

- Seek medical advice regarding your travel.
- Visit a recognized travel clinic for vaccination against yellow fever and other diseases, if appropriate, and chemoprophylaxis for malaria prevention.
- If pregnant, consult your physician on diseases in the country of destination and any recommended restriction to your travel.

### AT YOUR ARRIVAL

- Protect yourself from mosquito bites and refer recommendations of the local authorities.
- Wear clothes (preferably light-coloured) that cover as much of the body as possible.
- Use registered insect repellents according to the instructions on the label.
- Sleep or rest in screened or air-conditioned rooms, otherwise use mosquito nets.

For any need please contact your Embassy or your Consulate.

### REMEMBER

- Sexual transmission of Zika virus is possible and in pregnant women can cause serious effect on the foetus.
- Prevent the infection practicing safe sex (condoms) or abstain from sexual activity.
- In case of pregnancy, be particularly vigilant and reinforce individual protective measures.

### WHEN YOU COME BACK TO ITALY

If you develop symptoms within **TWO WEEKS** after your return, such as: mild fever, muscle and joint pain, rash or conjunctivitis, flu-like symptoms

on a precaution basis

seek the advice of your physician or visit an hospital informing about your recent travel, and, in order to avoid further spread, prevent mosquito bites.

Pregnant women and women who are trying to become pregnant travelling in country with confirmed local Zika virus transmission, should inform their doctor during antenatal care in order to ensure appropriate evaluation and monitoring.

Further recommendations, information, epidemiological update are available on the website of the Ministry of Health

[www.salute.gov.it](http://www.salute.gov.it)

