

Due to the ongoing presence and transmission of Zika virus please be advised that pregnant women should avoid travelling to the following countries listed below. If a pregnant woman must travel then measures to protect against mosquito bites must be taken. Such measures include the use of long sleeve shirts and long pants, use of mosquito repellents and Permethrin –treated mosquito nets. It is also advisable to see your doctor before and after travel. In addition, all those who have travelled to the countries listed should not donate blood for a period of at least 28 days.

Dr. Paul Persaud

Health Officer, Paterson, NJ

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AMERICAS

- Barbados
- Bolivia
- Brazil
- Colombia
- Commonwealth of Puerto Rico, US territory
- Costa Rica
- Curacao
- Dominican Republic
- Ecuador
- El Salvador
- French Guiana
- Guadeloupe
- Guatemala
- Guyana
- Haiti
- Honduras
- Jamaica
- Martinique
- Mexico
- Nicaragua
- Panama
- Paraguay
- Saint Martin
- Suriname
- U.S. Virgin Islands
- Venezuela

OCEANIA/PACIFIC ISLANDS

- American Samoa

- Samoa

- Tonga

AFRICA

- Cape Verde