



Better2Know

100% CONFIDENTIAL ~ FAST RESULTS ~ WORLDWIDE

Countries affected by Zika	If you are pregnant, or planning to become pregnant	Other Travellers
A		
American Samoa	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Angola	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Anguilla	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Antigua and Barbuda	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Argentina	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Aruba	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
B		
Bahamas	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Bangladesh	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Barbados	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Belize	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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Bolivia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Bonaire	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Brazil	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
British Virgin Islands	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Burkina Faso	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Burundi	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
C		
Cambodia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Cameroon	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Cape Verde	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Caymen Islands	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Central African Republic	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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Colombia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Cook Islands	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Costa Rica	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Cote D'Ivoire	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Cuba	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Curaçao	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
D		
Dominica	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Dominican Republic	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
E		
Easter Island	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Ecuador	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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El Salvador	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
F		
Fiji	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Florida, USA	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
French Guiana	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
French Polynesia	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
G		
Gabon	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Grenada	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Guadeloupe	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Guatemala	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Guinea- Bissau	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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Guyana	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
H		
Haiti	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Honduras	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
I		
India	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Indonesia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Isla Pascua (Easter Island, Chile)	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Ivory Coast	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
J		
Jamaica	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
L		

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M		
Malaysia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Maldives	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Marshall Islands	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Martinique	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Mexico	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Micronesia, Federated States of	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Montserrat	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Myanmar	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
N		
New Caledonia	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here

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Nigeria	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
P		
Palau	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Panama	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Papua New Guinea	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Paraguay	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Peru	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Philippines	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Puerto Rico	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
S		
Saba	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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Saint-Barthelemy	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Saint Kitts & Nevis	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Saint Lucia	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Saint Martin	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Saint Vincent and the Grenadines	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Samoa	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Senegal	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Singapore	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Sint Eustacius	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Sint Maarten	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Solomon Islands	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Suriname	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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T		
Texas, USA	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
Thailand	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Tonga	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Trinidad and Tobago	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Turks and Caicos Islands	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
U		
Uganda	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
USA: Florida	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
USA: Texas	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here
US Virgin Islands	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
V		
Vanuatu	Seek advice from a doctor before planning to travel here	Seek advice from a doctor before planning to travel here

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Venezuela	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Vietnam	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Virgin Islands (British)	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here
Virgin Islands (USA)	Postpone non-essential travel plans	Seek advice from a doctor before planning to travel here

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