



# SAFETY NOTICE

Environmental Health & Safety

February 2016

## ZIKA VIRUS

Zika virus is a mosquito-borne virus that is transmitted to people through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Zika virus can cause microcephaly, a serious birth defect in babies, and other severe fetal brain defects. There is no vaccine to prevent or medicine to treat Zika.

### How Zika Spreads

- Mosquito bites
- From a pregnant woman to her fetus
- Through sex from a person with Zika
- Blood transfusion (likely)



### Protect Yourself and Others



Use insect repellents that are registered with the Environmental Protection Agency (EPA)



Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.



Use mosquito netting on beds, baby carriers, strollers, or cribs, when necessary and as appropriate.



Use screens on windows and doors. Empty standing water from containers outdoors.



Use mosquito larvicides and adulticides when necessary, and only as directed.



Use condoms consistently and correctly or abstain from sex to reduce the risk for sexual transmission of Zika after possible exposure.



Get the latest information and advisories from the CDC website at: <http://www.cdc.gov/zika/>

## HEALTH / TRAVEL ADVISORY

**Updated: November 18, 2016**

This Safety Notice will be updated, as new information is available.

### HOLIDAY TRAVEL ADVISORY

Students, faculty and staff who are traveling for the holidays to areas with Zika, are urged to follow CDC travel guidance and notices.

The CDC has issued guidance for people living in or traveling to South Florida, and Zika Travel Notices for the US territories of American Samoa, Puerto Rico and US Virgin Islands, and for Cape Verde, Mexico, the Caribbean, Central America, Pacific Islands and South America.

### Zika Virus in Pregnancy

The CDC recommends special precautions for pregnant women and women trying to become pregnant.

- If you are pregnant, do not travel to areas with Zika.
- If you are thinking about having a baby in the near future, consider avoiding nonessential travel to areas with Zika.
- If you must travel, talk to your doctor or other healthcare provider first and take steps protect yourself before and after travel.
- If your sex partner travels to an area with Zika, protect yourself from getting Zika during sex.



### Travel or Health Questions?

Contact a health care provider if you feel sick after returning from your trip, or have questions about traveling.



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Student Health Services  
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