



Zika Virus Fact Sheet

At Big Five, our guests' health and safety are always our primary concern. Here is the best current information available from the Centers for Disease Control and Prevention's (CDC). For the most current Zika travel information, go to: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

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- The Zika virus is spread by a mosquito, and is not airborne.
- Pregnant women and women contemplating pregnancy are most at risk. Currently, CDC warns pregnant those women to avoid travel 28 countries or territories due to Zika outbreak, but these alerts do not constitute a travel ban. Check CDC for current list.
- The virus usually remains in the blood stream for about a week, so the virus will not cause infections in a baby conceived after the virus has cleared the blood.
- For the vast majority of the population, Zika is not a serious threat, according to authorities.
- The World Health Organization (WHO) has stated that travel and trade should not be restricted due to Zika.
- Only infected mosquitoes transmit the disease, so if someone is bitten, it does not mean they will necessarily become ill.

We suggest following CDC precautions both at home or traveling abroad when it comes to staying healthy.

Use insect repellent

- For protection against mosquitoes: Products with one of the following active ingredients can help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.
 - o DEET
 - o Picaridin (also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
 - o Oil of lemon eucalyptus (OLE) or PMD (Products containing OLE include Repel and Off! Botanicals)
 - o IR3535 (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Always follow product directions and reapply as directed.
- If you are also using sunscreen, apply sunscreen first and insect repellent second
- Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself. Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last. If treating items yourself, follow the product instructions carefully.
- Do not use permethrin directly on skin.

What other steps should I take to prevent mosquito bites in mosquito prone areas?

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats, and consider closed shoes instead of sandals.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

It is ultimately each individual's decision on when to travel and that decision should be made in consultation with her medical professional. For more information, visit CDC Travelers' Health: Zika Travel Information: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>.