Guidance for UB Students, Faculty, and Staff traveling to Zika-affected regions

Precautions

1. If you’re pregnant or planning to become pregnant and are planning to travel to a Zika-affected region, the Centers for Disease Control and Prevention (CDC) recommends postponing your travel. If you must travel to one of these areas, talk to your medical care provider first and follow steps to prevent mosquito bites during your trip.

2. Zika virus can be spread by a man to his sex partners. If you are pregnant and have a male partner who lives in or has traveled to an area with Zika, always use condoms during your pregnancy or don’t have sex with your partner during your pregnancy.

3. Although currently there is no vaccine to prevent Zika virus disease, travelers can limit their exposure to Zika (and other mosquito-borne illnesses like Malaria, Dengue Fever and Chikungunya) by taking precautions to prevent mosquito bites.

   **Protective measures** include:
   » Wear long-sleeved shirts and long pants to cover exposed skin.
   » Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535.
   » Treat your clothing and gear (e.g. boots, socks, pants, hats, and tents) with permethrin or buy pre-treated items.
   » Stay and sleep in screened-in or air-conditioned rooms. Choose a WHOPES-approved bed net (like Pramax).

After Travel

In adults, Zika virus disease is usually mild and doesn’t require specific treatment. The most common symptoms of Zika virus disease are a mild fever, skin rashes, muscle and joint pain, and conjunctivitis (red eyes). These symptoms normally last for 2–7 days. If you develop these symptoms or have other health concerns after returning from travel to an affected country, please consult with a medical care provider.

**Students:** please contact UB Student Health Services by calling 716-829-3316.

**Testing:** Medical providers, including UB Student Health Services, can review risk factors and symptoms with patients who have concerns and arrange testing for those in need. **Students should call 716-829-3316 for an appointment with UB Student Health Services.** Currently New York State is making testing available for all pregnant women who have travelled to countries with active Zika transmission and non-pregnant women and men who are symptomatic within four weeks of travel to Zika-affected countries.

For more information about Zika virus disease, review the following flyers and visit the CDC website (which includes an up-to-date list of affected countries) at cdc.gov/zika

*Flyer: Mosquito Bite Prevention for Travelers*
*Flyer: Zika virus travel advice for pregnant women*