

Travel & Assignment

- Follow guidance in ALCOAST 152/16, Personnel Options in Response to Zika Virus and ALCOAST 289/16, Updated Zika Virus Guidance.
- Talk to your healthcare provider about options for care, prevention and pregnancy testing.
- Follow current CDC travel notices for locations where Zika presence is confirmed.
- Pregnant women should not travel to areas with ongoing Zika transmission.
- Receive pre-deployment Zika briefings from HSWL SC staff if traveling to areas with local Zika transmission.

When returning from travel to Zika-affected areas:

- Use condoms and other barriers or abstain from sex to protect against Zika infection. Refer to the CDC website to determine how long to use condoms or not have sex-<http://www.cdc.gov/zika/prevention/protect-yourself-during-sex.html>
- If you develop Zika-related symptoms, avoid mosquito bites to prevent infecting others.
- All pregnant women and anyone who had symptoms consistent with Zika should talk to their healthcare provider about getting tested.



For Further Information....

CG HSWL SC



HSWL SC Zika Portal Page: <https://cg.portal.uscg.mil/units/hswlsc/SitePages/Zika%20General%20Information.aspx>

- * ALCOAST 034/16 Zika Virus Guidance
- * ALCOAST 152/16 Personnel Options in Response to Zika
- * ALCOAST 293/16 Updated Zika Virus Guidance

CDC

CDC Main Zika Page: <http://www.cdc.gov/zika/index.html>

Defense Health Agency

Zika Virus Page: <http://health.mil/Military-Health-Topics/Health-Readiness/Mosquito-Borne-Illnesses/Zika-Virus>

Zika Virus: The Basics



This brochure provides information to help protect CG personnel and their dependents from the Zika virus.



**Health, Safety and Work-Life
Service Center (HSWL SC)**

About Zika

How is it Spread?

Zika virus spreads to people primarily through the bite of an infected *Aedes* mosquito. These mosquitoes

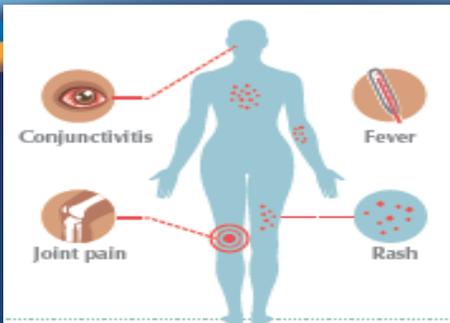


are aggressive daytime biters. They can also bite at night. These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases.

People can also get Zika through sex (vaginal, anal, oral) with someone infected with Zika, even if the person does not have symptoms at the time. Studies are underway to find out how long Zika can be passed to sex partners. Zika can also be passed from a pregnant woman to her fetus.

What Are the Symptoms?

Most people infected (4 out of 5) with Zika will have no or only mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital and very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.



Risks & Prevention

Risks of Zika

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, a rare sickness of the nervous system, in areas affected by Zika.



Prevention

There currently is no vaccine to prevent Zika. The best way to prevent disease is to protect yourself and your family from mosquito bites. Here's how:

- Wear long sleeved shirts and long pants
- Stay in places with air conditioning and window/door screens to keep mosquitoes outside.
- Remove sources of standing water in and around your home (e.g., plant pots and saucers, bird baths, pool tarps, etc.)



Prevention & Treatment

- Contact local mosquito control (or Facilities if on base housing) to report mosquito issues.
- Monitor low lying areas prone to flooding and fill with gravel or sand.
- Use EPA-registered insect repellents. Always follow the product label instructions.



- * Do not use repellants on babies <2 months old.
- * Do not use products with oil of lemon eucalyptus or para-menthane-diol on children < 3 years.

- Use mosquito netting over infant carriers or for anyone sleeping outdoors or in open area.
- Prevent sexual transmission by using condoms or abstaining from sex.



Treatment

There is no specific medicine to treat Zika.

- Treat the symptoms.
- Rest and drink plenty of fluids.
- If on a medication, talk to your healthcare provider before taking additional medicine.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out to reduce the risk of bleeding.