

Regis University Travel Guideline for Areas with Zika Virus

In the wake of the news reports about the Zika virus that is spreading throughout parts of South America, Central America, the Caribbean, Mexico, the Pacific Islands, and Cape Verde, Regis University is issuing travel guidelines. The Zika virus is transmitted to people through the bite of an infected mosquito, the same mosquito that transmits dengue, chikungunya, and yellow fever. The U.S. Centers for Disease Control and Prevention (CDC) has issued a level 2 travel alert – Practice Enhanced Precautions – regarding the Zika virus due to its potential association with birth defects. Based on these circumstances, Regis University has issued travel guidelines for those planning travel to impacted areas. For a more detailed list of the impacted areas identified by the CDC, click on the following CDC link: <http://wwwnc.cdc.gov/travel/page/zika-travel-information> . Since the CDC may update this list with some frequency, travelers should continue to check it for those updates.

According to the CDC, only about one in five people infected with the Zika virus will develop symptoms, which can include fever, rash, joint and muscle pains, and less commonly, headache and pain behind the eyes. The illness is usually mild, with symptoms lasting from several days to a week. Although knowledge about Zika virus is evolving, the most significant concern is for pregnant women who become infected. There is growing evidence that the Zika virus appears to be associated with microcephaly (small head and brain development) in newborns and other adverse pregnancy outcomes in women infected during pregnancy.

Regis University staff or faculty planning University-related international travel to the Zika infected areas should register the travel plans with

Auxiliary and Business Services, Risk Management 303-458-4391

Anyone who is concerned or has questions about the Zika virus may contact the following:

Students	Student Health Services at 303-458-3558
Faculty and Staff	Regis Neighborhood Health 303-964-6655
Faculty and Staff	Human Resources at 303-458-4161

CDC Prevention Guidelines

- Because there are currently no vaccines or treatments for this virus, the only way to prevent infection is to avoid being bitten by infected mosquitos. To date, no vector-borne Zika cases have been reported in the continental United States, but cases have been reported in returning travelers.
- As of February 2, 2016, one case of locally acquired and sexually transmitted Zika virus infection was confirmed in a patient in Texas. Possible cases of sexual transmission have been reported before, and the virus has occasionally been isolated in the seminal fluid of sick male patients. Until more is known about the sexual transmission of Zika virus, travelers returning from Zika affected areas should be encouraged to avoid sexual activity or use condoms.
- Since the Zika virus appears to be responsible for adverse pregnancy outcomes in women infected during pregnancy, female students, faculty, or staff members who plan to travel abroad

to Zika impacted areas, and who are or suspect being pregnant, or are trying to become pregnant, should consider avoiding travel to such impacted areas.

- The following steps and precautions are recommended to help prevent mosquito bites:
- Wear long-sleeved shirts and long pants.
- Use EPA-registered insect repellents as directed.
- Insect repellents containing DEET, picaridin and IR3535 are safe for pregnant and nursing women and children older than two months when used according to the label.
- Use permethrin-treated clothing and gear (boots, pants, socks, tents).
- Stay and sleep in screened-in or air-conditioned rooms, using mosquito nets as indicated.
- For more information about mosquito bite prevention, click on the following CDC link:

http://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_travelers.pdf

Thank you
Susan Layton