

## What to know before you go:



### What is Zika virus?

Zika virus is a mosquito-borne flavivirus. Outbreaks of Zika virus disease have occurred in Africa, the Americas, Asia and the Pacific. WHO has concluded that Zika virus infection during pregnancy is a cause of congenital brain abnormalities, including microcephaly and that Zika virus is a trigger of Guillain-Barré syndrome.

**There is no vaccine or specific treatment available for Zika virus.**

### How is Zika virus spread?

- Zika is primarily spread through infected *Aedes* mosquitoes. *Aedes* mosquitoes usually bite during the day, peaking during early morning and late afternoon/evening.
- Zika virus can also be transmitted through sex from a person who has Zika to his or her sexual partners, even if the person does not have symptoms. Zika is a concern for women who are or may become pregnant and their partners.

### What are the symptoms of Zika virus infection?

Symptoms of Zika virus infection are usually mild and last 2-7 days. An estimate one out of four infected people will develop symptoms of the disease:

- Fever
- Skin rashes
- Muscle and joint pain
- Headache
- Conjunctivitis (eye inflammation)
- Malaise



## What to know during duty travel:

### How can I prevent getting infected with Zika virus?

The best way to prevent Zika infection is to prevent mosquito bites:

- Use insect repellents
- Wear light coloured clothing that covers exposed skin
- Use bed nets and window screens
- Stay indoors with air conditioning or window/door screens
- Remove standing water by living/ working areas

To reduce the risk of sexual transmission and potential pregnancy complications related to Zika virus infection people living in, travelling to, or returning from affected areas should practice safer sex, including use of condoms.

## What to know during duty travel:

### What do I do if I think I have Zika virus infection?

Zika virus disease is typically mild and requires no specific treatment:

- Drink plenty of fluids and get plenty of rest
- Seek health advice immediately from the UN physician or individual in charge of occupational health in the field
- Treat fever and pain with common medicines

## What to know after duty travel:

**To prevent the onward transmission of Zika virus and adverse pregnancy and fetal outcomes, all returning travellers from Zika-affected areas:**

- Practice safer sex, including condom use or abstinence for at least 6 months
- Continue to use insect repellent for 3 weeks to avoid being bitten and potentially spreading the infection to others through mosquito bites
- Sexual partners of pregnant women should practice safer sex or abstain for at least the duration of the pregnancy
- If you discover you are pregnant or are planning to become pregnant following duty travel to an affected country, consult your physician and highlight recent travel to an area with Zika virus transmission.



## For more information:

**WHO Zika virus factsheet:** <http://www.who.int/mediacentre/factsheets/zika/en/>

**WHO Zika country classification:** <http://www.who.int/emergencies/zika-virus/classification-tables/en/>

**UN medical services around the globe:** <https://hr.un.org/page/medical-services-around-globe>

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