

United Nations Medical Directors (UNMD)
Zika Virus: Health Risk Mitigation Plan for UN Personnel and Dependents
Updated as of 28 March 2017

- The following recommendations are provided by the UNMD to all Organizations and UN personnel in order to reduce the risk of UN personnel and their dependents from contracting Zika.
- For a list of WHO categories 1 & 2 areas with recent ongoing local Zika outbreaks, please refer to <https://hr.un.org/page/zika-virus>
- If using a printed copy of this document, please verify that it is the latest approved copy by checking <https://hr.un.org/page/zika-virus>
- This document is living and will be updated as new information and guidance become available.

UN Personnel Risk Categories	UN Recommendations
1A Pregnant UN personnel located outside of WHO cat 1 & 2 areas and who plan to travel into WHO cat 1 & 2 areas	Pregnant UN personnel (in any trimester) should not travel into Zika-affected areas in WHO categories 1 & 2 (see list at https://hr.un.org/page/zika-virus) and should be <u>denied</u> medical/travel clearance by UN medical services.
1B Pregnant UN personnel who reside within WHO cat 1 & 2 areas	<p>Pregnant UN personnel who reside within WHO cat 1 & 2 areas should be offered support to comply with local health authorities' advice and WHO guidelines in order to minimize risk exposure. <i>(These may include improving office systems to reduce risks of mosquito bites, and/or working indoors within the duty station.)</i></p> <p>Subject to operational feasibility, flexibility should be provided to pregnant UN personnel to amend their work, or their place of work, to decrease the risk of contracting Zika, taking into account local mosquito control efforts and programs.</p> <p>Subject to operational feasibility, flexibility should be provided to pregnant UN personnel to allow or provide relocation to a place outside of WHO cat 1 & 2 areas.</p> <p>Such individuals should practice safer sex (including the consistent use of condoms) or abstinence for at least the whole duration of pregnancy.</p>
2A UN personnel with pregnant partner located outside of WHO cat 1 & 2 areas and who plans to bring partner into WHO cat 1 & 2 areas	UN personnel should be advised <u>against</u> bringing a pregnant spouse or dependent from location outside of WHO cat 1 & 2 areas into location within WHO cat 1 & 2 areas.
2B UN personnel with pregnant partner who resides within WHO cat 1 & 2 areas	<p>UN personnel are recommended to relocate a pregnant spouse (and dependents, if spouse is primary care giver) to an area outside of WHO cat 1 & 2 areas.</p> <p>UN personnel in WHO cat 1 & 2 areas should practice safer sex or abstinence with their pregnant partner for at least the whole duration of pregnancy.</p>

3A Non-pregnant female UN personnel of childbearing age who are located outside WHO cat 1 & 2 areas, and who plan to travel into WHO cat 1 & 2 areas	<p>Female UN personnel of childbearing age should obtain individual advice from their medical practitioner, UN physician or their Organization's Medical Services on risk management regarding their plans to travel into WHO cat 1 & 2 areas.</p> <p>If returning from any such areas, they should wait at least 6 months before trying to conceive to ensure that possible Zika virus infection has cleared.</p>
3B Non-pregnant female UN personnel of childbearing age who reside in WHO cat 1 & 2 areas	<p>Female UN personnel of childbearing age residing in WHO cat 1 & 2 areas should obtain individual advice from their medical practitioner, UN physician or their Organization's Medical Services staff on mosquito bite avoidance, and the risks of sexual transmission of Zika virus.</p>
4 All UN personnel and dependents	<p>UN personnel and dependents who reside in, or who plan to travel into WHO cat 1 & 2 areas, should:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with their doctor and local and national health authorities to seek up-to-date advice on potential risk associated with their specific travel itinerary and their underlying medical conditions, if any, and obtain advice on appropriate measures for mosquito bite avoidance and reduce risks of sexual transmission of Zika. <input type="checkbox"/> Exercise the highest level of mosquito bite avoidance and vector control. This includes reducing contact between mosquitoes and people by using insect repellent, light-colored clothing, physical barriers, nets, and removal of mosquito breeding sites. More information can be found in https://hr.un.org/sites/hr.un.org/files/ZikaPersonalProtection_UN%20Staff_MSD_2016-02-09_0.pdf <p>UN personnel who reside in, or while travelling to WHO cat 1 & 2 areas should:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adopt safer sexual practices (including consistent use of condoms) or abstain from sexual activity. <input type="checkbox"/> Be advised to exercise the highest level of mosquito bite avoidance and vector control, as found in https://hr.un.org/sites/hr.un.org/files/ZikaPersonalProtection_UN%20Staff_MSD_2016-02-09_0.pdf <p>All UN personnel returning from WHO cat 1 & 2 areas should:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Practice safer sex, (including consistent use of condoms) or abstinence for at least 6 months to prevent Zika virus infection <input type="checkbox"/> Continue to use insect repellent for at least 3 weeks to avoid being bitten. <input type="checkbox"/> Sexual partners of pregnant women should practice safer sex or abstain for at least the duration of the pregnancy. <p>Any UN personnel located anywhere and who have either lab-confirmed Zika virus infection or have Zika symptoms, should, with their sexual partners (particularly pregnant women):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Consult their primary care provider and/or obstetrician-gynaecologist for medical advice and to receive information about the risks of sexual transmission of Zika virus. <input type="checkbox"/> Exercise the highest level of mosquito bite avoidance for the first week of illness <input type="checkbox"/> Both men and women should wait at least six months after symptom onset, before trying to conceive to ensure that possible Zika virus infection has cleared.

These recommendations will be updated as new information and guidelines become available.