

United Nations Medical Directors (UNMD)
Zika Virus Health Risk Mitigation
Recommendations for UN Personnel and Dependents
Updated as of 24 April 2017

- The following occupational health recommendations are provided by the UN Medical Directors to all Organizations and UN personnel in order to reduce the risk of UN personnel and their dependents from contracting Zika.
- For a detailed list of areas with Zika virus transmission, please refer to <https://hr.un.org/page/zika-virus>. The listed areas on this website are based upon the ECDC adaptation of WHO's Zika virus country classification scheme to reflect the regional variations in risk to UN personnel.
- 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 Medical Directors Recommendations

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| 1A Pregnant UN personnel located outside of Zika areas as listed on https://hr.un.org/page/zika-virus, and who plan to travel into such areas | <p>Pregnant UN personnel (in any trimester) should not travel into any areas with Zika virus transmission as listed on https://hr.un.org/page/zika-virus, and should be <u>denied</u> medical/travel clearance into such areas by UN medical services.</p> |
| 1B Pregnant UN personnel who reside within Zika areas as listed on https://hr.un.org/page/zika-virus | <p>Pregnant UN personnel who reside within any Zika areas as listed on https://hr.un.org/page/zika-virus 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>Even while residing in WHO cat 1 & 2 countries itself, such pregnant staff should <u>not</u> travel to any areas in-country considered high risk. Such areas are listed in the table found in https://hr.un.org/page/zika-virus</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 any Zika areas as listed on https://hr.un.org/page/zika-virus.</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 Zika areas as listed on https://hr.un.org/page/zika-virus and who plans to bring partner into such areas | <p>UN personnel should be advised <u>against</u> bringing a pregnant spouse or dependent from a location outside of Zika areas into such areas as listed on https://hr.un.org/page/zika-virus.</p> <p>UN personnel in Zika areas should practice safer sex or abstinence with their pregnant partner for at least the whole duration of pregnancy.</p> |
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2B UN personnel with pregnant partner who resides within Zika areas as listed on https://hr.un.org/page/zika-virus	UN personnel are recommended to relocate a pregnant spouse (and dependents, if spouse is primary care giver) to a location outside of Zika areas as listed on https://hr.un.org/page/zika-virus UN personnel in Zika areas should practice safer sex or abstinence with their pregnant partner for at least the whole duration of pregnancy.
3A Non-pregnant female UN personnel of childbearing age who are located outside of Zika areas, and who plan to travel into such areas	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 Zika areas, especially those as listed on https://hr.un.org/page/zika-virus . 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.
3B Non-pregnant female UN personnel of childbearing age who reside in Zika areas	Female UN personnel of childbearing age residing in Zika areas as listed on https://hr.un.org/page/zika-virus 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.

4 All UN personnel and dependents

UN personnel and dependents **who reside in, or who plan to travel into** Zika areas as listed on <https://hr.un.org/page/zika-virus>, should:

- 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.
- 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 found in https://hr.un.org/sites/hr.un.org/files/ZikaPersonalProtection_UN%20Staff_MSD_2016-02-09_0.pdf

UN personnel who **reside in, or while travelling to** such Zika areas should:

- Adopt safer sexual practices (including consistent use of condoms) or abstain from sexual activity.
- 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

All UN personnel **returning from** such Zika areas should:

- Practice safer sex, (including consistent use of condoms) or abstinence for at least 6 months to prevent Zika virus infection
- Continue to use insect repellent for at least 3 weeks to avoid being bitten.
- Sexual partners of pregnant women should practice safer sex or abstain for at least the duration of the pregnancy.

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):

- 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.
- Exercise the highest level of mosquito bite avoidance for the first week of illness
- 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.
