



Prevent Mosquito-borne Diseases Cruise Line Employees

What are mosquito-borne diseases?

Mosquito-borne diseases are spread by the bite of an infected mosquito. These include Zika, West Nile, malaria, dengue, chikungunya, and yellow fever.

How serious are mosquito-borne diseases?

The severity and length of illness depends on the type of mosquito-borne disease and can be different for each person. Infected people may or may not become sick. Some may have a mild, short-term illness, while others may have severe or long-term illness. Some mosquito-borne diseases can be deadly. In addition, infected pregnant women can pass Zika to their fetus, which can cause certain birth defects.

When are employees at risk?

Anyone who is working in or traveling to an area where Zika and other mosquito-borne diseases are found could be at risk. The risk to employees depends on the location, type of habitat, season, and time of day. Different species of mosquitoes are found in different geographic locations, active at different times (day vs. night), and able to spread different diseases.

What can employees do to protect themselves?

Discuss all travel plans with your doctor. In some cases, prophylaxis or vaccinations may be available to you before traveling to areas with infected mosquitoes.

Reduce your risk of mosquito bites while working outdoors and not underway:

- As much as possible, wear long-sleeved shirts and long pants.
 - In warm weather, wear lightweight, loose-fitting clothing.
- Use insect repellents on exposed skin and clothing.
 - For exposed skin and clothing, use repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
 - For clothing and gear, use permethrin as directed. Do not apply directly on skin.
 - Follow the label instructions for all products used.
- Bring extra repellent with you when leaving the ship.

If you develop symptoms of a mosquito-borne disease (fever, rash, or muscle/joint pain):

- Report promptly to your supervisor and seek medical attention.

If you are pregnant or plan to become pregnant:

- Talk to your supervisor about outdoor work assignments.
- Discuss all travel plans with your doctor.
- Pregnant women should not travel to areas with Zika.

Because a person infected with Zika can pass Zika to their partners during sex, if your partner is pregnant or may become pregnant, and you will be in an area with Zika:

- Talk to your supervisor about outdoor work assignments.
- Use a condom to reduce the risk of infecting your partner during vaginal, anal, and oral sex.

For More Information

- Centers for Disease Control and Prevention, www.cdc.gov/zika and wwwnc.cdc.gov/travel
- National Institute for Occupational Safety and Health, www.cdc.gov/niosh/topics/outdoor/mosquito-borne