

# ZIKA: PROTECTING US BUSINESSES AND BUSINESS TRAVELERS



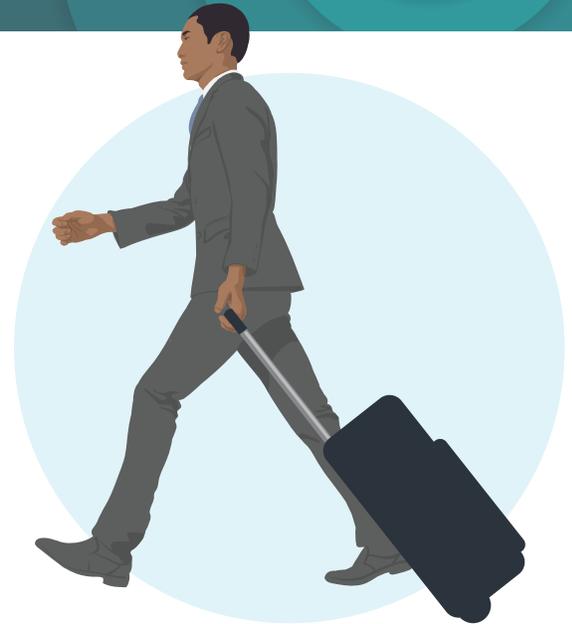
## About Zika

- Zika virus is primarily spread through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*).
- Zika can also be transmitted during sex and it can be passed from a pregnant woman to her fetus, which can result in serious birth defects.
- Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, and red eyes. Other symptoms include muscle pain and headache. Symptoms can last for several days to a week.

## Workers at Risk

Workers at risk for Zika include those that are:

- Exposed to mosquitoes
- Exposed to the blood or other body fluids of an infected person
- Traveling to areas with Zika



## Businesses

- Train workers about the risk of mosquito bites and how to protect themselves.
- Train supervisors and workers on recognizing the symptoms of Zika.
- Keep air conditioning at a comfortable temperature to discourage workers from opening windows. This will prevent mosquitoes from entering buildings. Provide screens on open windows and doors. Do not leave doors propped open.
- Control the mosquito population around your workplace by removing or emptying items that hold water (e.g., tires, buckets, barrels) and by using an outdoor insecticide spray.
- Consider allowing flexibility in required travel to areas with Zika for workers who are concerned about Zika virus exposure.

## Specific Guidance

- If your business includes outdoor workers, additional controls and prevention are recommended, see [Zika: Protecting Outdoor Workers from Occupational Exposure](#).
- If your business includes healthcare and laboratory workers, additional controls and prevention are recommended, see [Zika: Protecting Healthcare and Laboratory Workers from Occupational Exposure](#).
- Employers and workers in travel-related operations (e.g., airlines, [cruise lines](#)) should review CDC guidance for travel to areas with Zika for additional recommendations.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

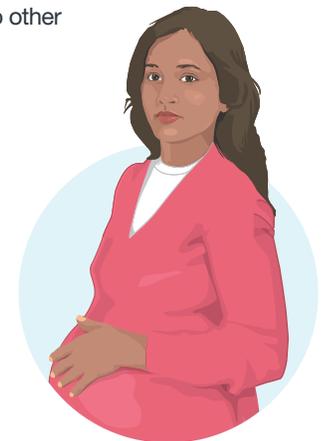
## Business Travelers

- Consider delaying travel to areas with Zika, especially if you have sexual partners who are or may become pregnant. If you are pregnant or may become pregnant you should not travel to areas with Zika.
- When traveling to or through areas with Zika, take precautions to prevent mosquito bites.
  - » Wear long-sleeved shirts and long pants.
  - » Use EPA-registered insect repellents on exposed skin. Use insect repellents with an EPA-registered active ingredient such as: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Permethrin can be applied to clothing and gear. Follow the label instructions.
  - » If also using sunscreen, apply it before applying insect repellent.
  - » Stay in places with air conditioning, window and door screens. Use a bed net if air conditioning and screens are not available, or use a bed net.
- If symptoms develop, seek medical attention promptly.
- Travelers who have traveled to an area with Zika and have a pregnant partner should use condoms or not have sex during the pregnancy.
- Travelers who have traveled to an area with Zika but do not have symptoms can use condoms or not have sex for 6 months if the traveler is a man and for 8 weeks if the traveler is a woman.
- Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not pass Zika to mosquitoes that could spread the virus to other people. See [Mosquito Bite Prevention for Travelers](#).



## Business Travelers and Pregnancy

- Pregnant women should NOT travel to an area with active Zika virus transmission. See [Zika Travel Information](#).
- Pregnant women, women who may become pregnant, and people with sexual partners who are or may become pregnant should talk to their healthcare providers about the risk of Zika.



## Workers with Suspected or Confirmed Zika

- There is no specific medicine to treat Zika.
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine, such as acetaminophen, to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.
- To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of illness.
- To prevent transmission to partners via sexual contact, abstain from vaginal, anal, and oral sexual activity or use condoms. See [Zika and Sexual Transmission](#) for more information.

## For More Information

Centers for Disease Control and Prevention, [www.cdc.gov/zika](http://www.cdc.gov/zika)

National Institute for Occupational Safety and Health, [www.cdc.gov/niosh/topics/outdoor/mosquito-borne/zika.html](http://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/zika.html)

Occupational Safety and Health Administration, [www.osha.gov/zika/](http://www.osha.gov/zika/)