



NOTICE ON MOSQUITO-BORNE ILLNESSES IN CENTRAL AMERICA AND HAITI

Hello Trip Participants,

As you prepare for your trip, we want to make you aware of two mosquito-borne illnesses present in Central America and Haiti: the Zika Virus and the Chikungunya Virus.

The Zika and Chikungunya Viruses are carried by daytime biting mosquitoes, and there are no vaccines for either virus. Therefore, the best defense is to constantly wear strong insect repellent with DEET.

ZIKA VIRUS

1 in 5 people who contract the Zika Virus experience some or all of the following symptoms that begin 2-7 days from the time of the bite:

- » Fever
- » Headaches
- » Joint and muscle pain
- » Rash
- » Conjunctivitis (red eyes)

The prognosis for the Zika Virus can include:

- » Mild to moderate illness, resolving spontaneously in 2-7 days
- » Microcephaly (small head and abnormal brain development) in newborns
- » Guillain-Barre syndrome (rare)

The Zika Virus is thought to have particularly adverse effects on unborn babies. The CDC advises anyone who is pregnant or may become pregnant to postpone travel to locations with active Zika Virus transmission during any trimester. We take this very seriously, and strongly encourage anyone who may fit into this category to discuss this with their doctor before participating in a trip.

To learn more, please visit the CDC's website:

CDC » <http://www.cdc.gov/zika/index.html>

International SOS » <https://pandemic.internationalsos.com/zika>

If you or someone you know has recently been diagnosed or suspected to have contracted Zika, the Baylor College of Medicine Vaccine Research Center staff is interested in speaking with you. Find more information [here](#).



CHIKUNGUNYA VIRUS

Most people infected with the Chikungunya Virus will develop some or all of the following symptoms 3-7 days from the time of the bite:

- » Fever
- » Joint pain and swelling
- » Headaches
- » Muscle pain
- » Rash

The prognosis for the Chikungunya Virus is:

- » Painful symptoms lasting anywhere from a week to several months

To learn more, please visit the CDC's website:

<http://www.cdc.gov/chikungunya/index.html>

To help prevent possible contraction of the Zika and Chikungunya Viruses while on a trip, please apply high DEET insect repellent to skin and clothing multiple times each day.

There are inherent risks traveling anywhere internationally, and the Living Water Short-Term Trips Department wants to ensure trip participants are made aware of the risks of the Zika and Chikungunya Viruses. We desire each person to be informed, and prepare accordingly.

Please feel free to reach out to your trip coordinator with any questions you may have.

LIVING WATER TRIPS DEPARTMENT