

## **Zika virus Information Update**

**Prepared for**



**Prepared by**



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## Summary

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Zika virus is a mosquito borne illness caused by a flavivirus closely related to dengue, West Nile virus, and Japanese encephalitis. The virus has also been spread by sexual contact, blood and breast milk. Zika virus is almost always mild and self-limiting lasting between four and seven days. The primary complications of Zika virus include Guillain-Barre syndrome and birth defects such as microcephaly.

At this time local transmission of the Zika virus has not been reported in the Bahamas by the U.S. Centers for Disease Control, the World Health Organization or other medical intelligence providers.

Prevention strategies for the Zika Virus are based around standard mosquito and insect precautions. Other considerations include maintain an awareness of the possibility of pregnancy prior to traveling to a region where the Zika Virus is active and avoidance of pregnancy after travel to an area with the Zika Virus until any risk of exposure from travel has passed.

Global Rescue is continuously monitoring the latest information to provide accurate safety and risk management information to our clients. Global Rescue monitors multiple sources of medical information and provides regular updates in our Zika News.

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## Zika virus in the Caribbean

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Global Rescue monitors multiple sources of medical information and intelligence in order to regularly update our clients about potential risks such as the Zika virus.

While transmission of the Zika virus has been found in multiple countries in the Americas and Caribbean there are no reports of local transmission of the Zika virus in the Bahamas at this time.

Students, employees or visitors to The Island School who are have recently traveled to areas where the Zika virus has been confirmed should be made aware of the symptoms of active Zika virus infection and the need for them to seek treatment from a healthcare provider. All travelers from regions reporting Zika should be advised to take appropriate precautions regarding pregnancy.

### **Caribbean region nations reporting Zika virus:**

- |  |                 |                                    |
|--|-----------------|------------------------------------|
| • Aruba  | • Ecuador       | • Nicaragua                        |
| • Barbados                                     | • El Salvador   | • Panama                           |
| • Bolivia                                      | • French Guiana | • Paraguay                         |
| • Bonaire                                      | • Guadeloupe    | • Saint Martin                     |
| • Brazil                                       | • Guatemala     | • Saint Vincent and the Grenadines |
| • Colombia                                     | • Guyana        | • Saint Maarten                    |
| • Commonwealth of<br>Puerto Rico, US territory | • Haiti         | • Suriname                         |
| • Costa Rica                                   | • Honduras      | • Trinidad and Tobago              |
| • Curacao                                      | • Jamaica       | • U.S. Virgin Islands              |
| • Dominican Republic                           | • Martinique    | • Venezuela                        |
|  | • Mexico        |                                    |

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## Symptoms of Zika virus

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The Zika virus begins to show symptoms three to twelve days after exposure.

An active Zika virus infection usually presents with fever, headache, malaise, muscle and body aches and conjunctivitis. The typical duration of a Zika virus infection is between four to seven days. There is no documented chronic active state for the Zika virus. Complications of Zika virus include Guillain-Barre syndrome and birth defects.

During the early stages of the infection Zika is indistinguishable from dengue and chikungunya. Any student, staff member or visitor who reports symptoms consistent with Zika virus should be advised to seek treatment from a healthcare provider immediately to rule out more a more significant illness.

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## Zika virus and pregnancy

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The Zika virus has been linked to birth defects of the brain and nervous system including an increase in infants with microcephaly in Brazil and French Polynesia.

Women who are infected with Zika virus prior to becoming pregnant or during the first Trimester are at the greatest risk of Zika virus related birth defects. The risk of Zika related birth defects in women who have passed the first Trimester of pregnancy are not known at this time.

The World Health Organization recommends that pregnant women in any trimester or those trying to become pregnant postpone travel to outbreak affected areas within countries reporting Zika virus transmission.

Current guidelines for women who wish to become pregnant after travel to a region where Zika virus is known or believed to be present are to delay pregnancy for one to two months afterwards. Any woman that has contracted Zika virus should delay becoming pregnant by at least six months after her symptoms resolve.

Male to female sexual transmission of the Zika virus in semen has been documented. Current guidelines advise that abstinence or a barrier method such as condoms be used for one to two months after travel to a region where Zika is present to prevent sexual transmission of the virus. Condoms should be used for six months by anyone with a laboratory confirmed Zika infection. Condoms should also be used by anyone who has traveled to a region where Zika virus has been reported for the duration of pregnancy.

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## **Zika virus Prevention**

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At this time no active transmission of the Zika virus has been reported in the Bahamas. Current insect precautions are the most effective method of preventing Zika virus at this time.

The Aedes mosquitoes which transmit the virus are daytime feeders. Students and staff of the Island School should be especially vigilant in applying repellent during daytime hours. Insect repellents containing DEET and picaridin are considered safe during all trimesters of pregnancy.

Containers with stagnant water can serve as breeding sites for Aedes mosquitoes and other insects. Students and staff should be instructed to empty them or remove them from the proximity of human habitations whenever possible.

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### **Prevention techniques may include the following**

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- Using insect repellents containing either DEET, picaridin, IR3535, or certain oil of lemon-eucalyptus or para-menthane-diol products.
- Application of sunscreen first and then insect repellent. (Always follow the label instructions when using insect repellent or sunscreen.)
- Treating clothing with permethrin or purchase permethrin-treated clothing. When weather permits, wear long-sleeved shirts and long pants.
- Use air-conditioning, and window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your local accommodations, sleep under a mosquito bed net.
- Reduce the number of mosquitoes inside and outside by emptying standing water from containers, such as flowerpots or buckets

*If you have any additional questions or concerns, please do not hesitate to contact Global Rescue Operations Department 24/7 at +1.617.459.4200 or by emailing [ops@globalrescue.com](mailto:ops@globalrescue.com).*

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## About Global Rescue

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### *Company Description*

Global Rescue is the premier provider of integrated medical, security, intelligence and crisis response services to corporation, governments, academic institutions and consumers. Founded in 2004 in partnership with Johns Hopkins Medicine, Global Rescue provides best-in-class services that identify, monitor, and respond to threats and emergencies. Global Rescue has provided medical, security, and evacuation support to clients during every globally significant crisis of the last decade, including: the Arab Spring; the Japanese tsunami; the Haitian earthquake; Georgia's invasion by Russia; and the Mumbai terrorist attacks. Global Rescue is headquartered in Boston, Massachusetts and maintains redundant Operations Centers and office facilities in Lebanon, New Hampshire; Islamabad, Pakistan; and Bangkok, Thailand.