

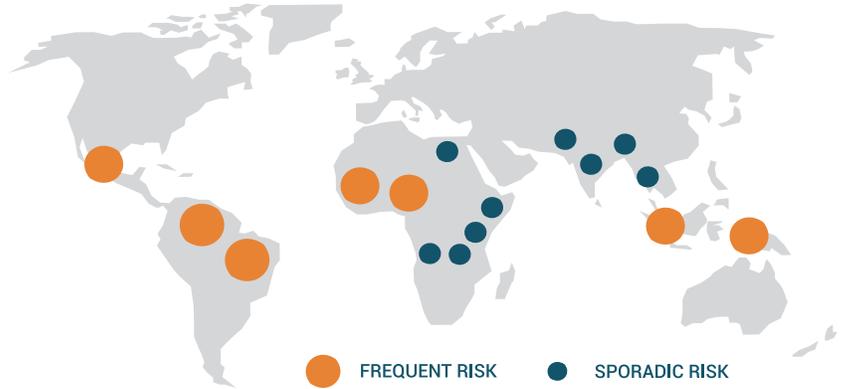
PLANNING A TRIP TO A TROPICAL DESTINATION?

GET INFORMED ABOUT THE ZIKA VIRUS

If you've watched the news recently, you've likely seen reports of the rapidly spreading Zika virus. This mosquito-borne virus, which is also transmitted sexually, has now reached pandemic levels in various countries around the world.

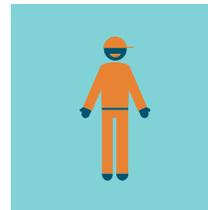
Therefore, the Centers for Disease Control and Prevention (CDC) has issued a travel alert for all travelers heading to Puerto Rico, the Caribbean, Mexico, Central America and South America. In particular, the CDC urges women who are pregnant, trying to conceive, or think they may be pregnant to avoid travel to these areas.

Why the focus on women of childbearing age? Over the past year or so, rates of Zika infections have been on the rise in Brazil. At the same time, a dramatic increase in birth defects has also been noted in that country. The most notable defect is microcephaly, which refers to a significantly reduced skull and brain size.



TRAVELING TO AN AT-RISK COUNTRY? PROTECT YOURSELF FROM THE ZIKA VIRUS BY:

- ❖ Avoiding areas with stagnant water
- ❖ Covering up with long-sleeved shirts and pants
- ❖ Using air conditioning and window/door screens as much as possible
- ❖ Wearing insect repellent that contains any of the following: DEET, Picaridin, Oil of lemon eucalyptus(OLE) or IR3535 (found in Skin So Soft Bug Guard Plus Expedition and SkinSmart)



WEAR LONG-SLEEVED SHIRTS, TROUSERS, HATS



USE EFFECTIVE INSECT REPELLENTS



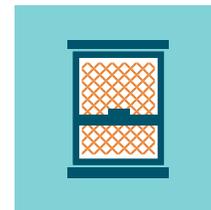
SLEEP UNDER MOSQUITO NETTING

HELP CONTROL THE MOSQUITO POPULATION ON YOUR OWN TURF BY:

- ❖ Eliminating standing water in and around your house once a week
- ❖ Covering water storage containers with lids
- ❖ Repairing holes in screen windows
- ❖ Avoiding unprotected sexual contact with anyone who may be at risk (ie., anyone who has recently traveled to a Zika-prone area)



EMPTY/CLEAN CONTAINERS THAT HOLD WATER



SEAL WINDOWS AND DOORS



USE INSECT REPELLENT FOR CLOTHING

COMMON SYMPTOMS OF ZIKA VIRUS

To date, no cases of the Zika virus have originated in the United States. In fact, officials are divided over the likelihood of a serious U.S. outbreak. Given that we live in a global society, however, the chance of transmission in the U.S. does exist. Here's what to look for. →

