



## AIR TRANSPORT DISTRICT LODGE 142



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# ZIKA VIRUS

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Dear FA Group:

In light of the recent events concerning the ZIKA virus and our high volume of flying to Mexico and the Caribbean, the following is information you need to know regarding this disease and how to stay safe.

### **What is Zika virus disease (Zika)?**

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week.

### **What are the symptoms of Zika?**

About 1 in 5 people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected.

The most common symptoms of Zika virus disease are fever, rash, joint pain, or conjunctivitis (red eyes). Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito.

### **How is Zika transmitted?**

Zika is primarily transmitted through the bite of infected Aedes mosquitoes, the same mosquitoes that spread Chikungunya and dengue. These mosquitoes are aggressive daytime biters and they can also bite at night. Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. We do not know how often Zika is transmitted from mother to baby during pregnancy or around the time of birth.

### **Who is at risk of being infected?**

Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus is at risk for infection, including pregnant women.

### **Is there a vaccine to prevent or medicine to treat Zika?**

No. There is no vaccine to prevent infection or medicine to treat Zika.

### **I am pregnant. Should I travel to a country where cases of Zika have been reported?**

Until more is known, CDC recommends special precautions for pregnant women and women trying to become pregnant:

Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.

Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.



**AIR TRANSPORT**  
**DISTRICT LODGE 142**



**What can people do to prevent becoming infected with Zika?**

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Protect yourself and your family from mosquito bites. Here's how:

Wear long-sleeved shirts and long pants.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness. Always follow the product label instructions. Reapply insect repellent as directed. Do not spray repellent on the skin under clothing.

If you are also using sunscreen, apply sunscreen before applying insect repellent.

**How is Zika diagnosed?**

See your healthcare provider if you develop symptoms (fever, rash, joint pain, red eyes). If you have recently traveled, tell your healthcare provider.

Your healthcare provider may order blood tests to look for Zika or other similar viral diseases like dengue or chikungunya.

**What should I do if I have Zika?**

***Treat the symptoms:***

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

For further information, you can go to the following link <http://www.cdc.gov/zika/index.html>

At this time, if you have a concern over an upcoming trip on your schedule, contact your supervisor first, not scheduling, and it will be handled on an individual case by case basis.

If you have any questions, please contact Sharon Moss-Bonner CRJ Flight Safety Coordinator at [smoss-bonner@iamDL142.org](mailto:smoss-bonner@iamDL142.org) or Stephanie Starks IAM ERJ Flight Safety Coordinator at [sstarks@iamDL142.org](mailto:sstarks@iamDL142.org)

In Solidarity,

Sharon Moss-Bonner  
CRJ Flight Safety Coordinator

Stephanie Starks  
IAM ERJ Flight Safety Coordinator

SS/slb

cc: S. Pantoja  
J. Tiberi  
T. Klima  
District 142 Executive Board

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