

Dear Student,

You are receiving this message because you are studying in a country listed in a recent CDC Level 2 alert regarding the Zika virus. I am forwarding along the CDC alert, which states:

"Travelers are strongly urged to protect themselves by [preventing mosquito bites](#):

- Wear long-sleeved shirts and long pants
- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535. Always use as directed.
- Insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant and nursing women and children older than 2 months when used according to the product label. Oil of lemon or eucalyptus products should not be used on children under 3 years of age.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents).
- Stay and sleep in screened-in or air-conditioned rooms.

The 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 must 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 should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip."

For the entire CDC statement, [please click on this link](#).

Please monitor the [CDC page on the Zika virus](#) or be in touch with your local program staff or GEO if you have any immediate concerns about this warning.

Sincerely,

Katie Irwin
Director
Global Education Office

Sara Aierstuck, MSN,RN,FNP-BC
Director
Health & Counseling Services