

# **Mandatory Stand-Up Talk**

**Feb. 11, 2016**

## **Zika virus in the news**

You may have heard news reports about the Zika virus, which is transmitted by mosquito bites.

The Centers for Disease Control and Prevention has issued a warning about the virus, which has been spreading throughout South America, Central America, American Samoa, and the Caribbean, which includes the U.S. Virgin Islands and Puerto Rico.

Cases have also been found in travelers returning to the United States from those areas.

Symptoms of the Zika virus include fever, joint pain, muscle aches, rash and red eyes, also known as conjunctivitis.

Most people will not experience symptoms. Those who do will experience only mild symptoms for a few days.

However, the illness has been linked to severe birth defects in women who contracted the Zika virus while pregnant.

The C.D.C. has warned that all pregnant women and those trying to become pregnant should avoid traveling to affected areas. If these individuals must travel, they should talk to their doctor first.

Pregnant women who are returning from travel to these areas should follow up with their doctor.

Individuals who intend to travel to one of the affected areas and employees who work in these areas should take appropriate steps to avoid mosquito bites.

To reduce the chance of mosquito bites, here are some appropriate steps:

- Use EPA-approved insect repellent containing DEET, picaridin, or oil of lemon eucalyptus.
- Wear long-sleeved shirts and long pants in areas prone to mosquitoes.
- When camping or hiking, use permethrin-treated clothing and gear, such as boots, pants, socks and tents.
- Empty standing water at your home and office.

Additional information about the Zika virus can be found online at [CDC.gov/ZIKA](https://www.cdc.gov/ZIKA). (“C-D-C-dot-gov-slash-zika”)

These are general considerations. We encourage everyone with questions or concerns to discuss them with their health care provider.

Safety is a core value for all Postal Service employees. Your safety — both on and off the job — is important to everyone at U.S.P.S.

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