



Rider & Associates

# The RIDER REPORT

## Medical Transcription Services

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### Zika Virus - 2016 Summer Olympics (Rio 2016)

The 2016 Summer Olympics will take place in Rio de Janeiro, Brazil, from August 5 to August 21, 2016. The Paralympic Games are scheduled for September 7 to September 18, 2016. If you plan to travel to Brazil for the Olympics or Paralympics, follow the recommendations below to help you stay safe and healthy. Brazil, along with many destinations in the Americas, is experiencing an outbreak of Zika virus. Because Zika virus infection in pregnant women can cause serious birth defects, CDC (Center for Disease Control) has special recommendations for pregnant women traveling to Brazil. The Zika outbreak in Brazil is dynamic.

### What Travelers can do to Protect Themselves

Schedule a health appointment at least 4-6 weeks before you depart. Talk to your doctor or other health care provider about vaccines and medicines recommended for Brazil. CDC (Center for Disease Control) recommends all travelers be up-to-date on routine vaccines, including measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio, and flu. Other recommended vaccines may include hepatitis A, typhoid, hepatitis B, yellow fever and rabies. Use insect repellent. Diseases spread by mosquitoes, such as Zika, malaria, dengue, and yellow fever, are common throughout Brazil. You may also need to take prescription medicine to protect against malaria or get a vaccine against yellow fever. Zika virus can also be spread by infected men through sex; condoms can reduce this risk. Talk to your doctor or other health care provider about prevention steps that are right for you. CDC recommends that pregnant women not go to the Olympics.

If you must go, talk to your doctor or other health care provider first; prevent mosquito bites and use condoms or do not have sex during your trip. If you have a male partner who goes to the Olympics, either use condoms or do not have sex (vaginal, anal, or oral) during your pregnancy. Before you or your male partner travel, if you are trying to get pregnant, talk to your doctor or other health care provider about your plans to become pregnant and the risk of Zika virus infection. Dehydration and heat-related illnesses are common during sporting events. Drink plenty of (bottled) water, keep cool, and wear sunscreen. Avoid swimming in fresh water—lakes and rivers. Schistosomiasis is a parasitic infection that can be spread in fresh water that may cause serious health problems. Reduce your risk of sexually transmitted diseases (STDs). The celebratory atmosphere at the Olympics may encourage travelers to engage in risky sex, especially if they are drinking or using drugs. Condoms can prevent HIV and other STDs. Carry condoms that were purchased from a reliable source. Sexual transmission of Zika virus from a man to his sex partners is possible. If you have vaginal, anal, or oral sex with a male partner while traveling, you should use condoms. Choose safe transportation. Motor vehicle crashes are the #1 killer of healthy US citizens in foreign countries. Reduce your exposure to germs. Wash your hands often, and avoid contact with people who are sick.

Let me win.

But if I cannot win,

Let me be brave

In the attempt.

—Special Olympics Athlete Oath



Teresa Rider, President

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