



Zika Virus Protection for Outdoor Workers

Outdoor workers may be at the greatest risk of exposure to Zika virus, which is primarily spread through the bites of infected mosquitoes.



Credit: CDC / James Gathany

Your employer should inform you about the risk of exposure through mosquito bites and how to protect yourself.

Signs and Symptoms of Zika Infection

- Fever • Rash • Joint pain • Pink or red eyes
- Muscle pain • Headache

OSHA recommends that your employer:

- Train you on how to protect yourself and about the importance of eliminating areas where mosquitoes breed at your worksite.
- Provide insect repellents and protective clothing for your exposed skin, and encourage their use.

How to Protect Yourself:

- Use insect repellent that contains DEET, picaridin or another EPA-registered active ingredient on skin that is not covered by clothing. Always follow label precautions.
- If using permethrin, spray it on clothing and gear only—not directly on skin.

For more information:



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- Choose a repellent that provides protection for the amount of time that you will be outdoors.
- After returning indoors and before eating, use soap and water to wash skin that has been treated with insect repellent. Reapply repellent when returning outdoors or after eating.
- Wear clothing that covers all of your skin, including socks that cover the ankles and lower legs and hats with mosquito netting to protect the face and neck.
- In warm weather, wear lightweight, loose-fitting clothing. This type of clothing protects you from the sun and provides a barrier to mosquitoes.
- Get rid of sources of standing water (e.g., tires, buckets, cans, bottles, barrels) whenever possible to reduce or eliminate mosquito breeding areas.
- OSHA and NIOSH recommend that you talk to your supervisor(s) about any outdoor work assignment(s) or travel to Zika-affected areas if you are or may become pregnant, or, for males, if your sexual partner is or may become pregnant. Consult CDC information on Zika virus and pregnancy: www.cdc.gov/zika.
- If you routinely work with insecticides to control mosquitoes, you may require additional personal protective equipment.
- If symptoms develop, seek medical attention promptly. Discuss any possible exposure to mosquitoes or infections spread by mosquitoes with a healthcare provider.

For more information:



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Zika: The Basics of the Virus and How To Protect Against It



About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with a man infected with Zika and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.

How Zika Spreads

The mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.



Zika virus can also spread:

- ♦ During sex with a man infected with Zika.
- ♦ From a pregnant woman to her fetus during pregnancy or around the time of birth.
- ♦ Through blood transfusion (likely but not confirmed).

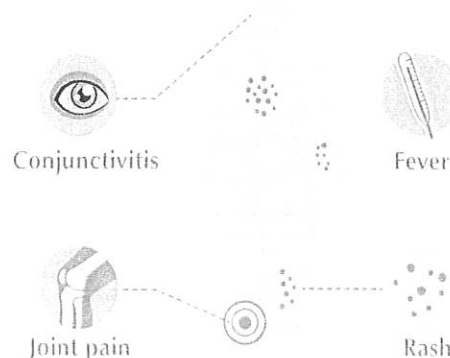
Current Zika Outbreak

Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world, including parts of the United States.

Specific areas where Zika virus is spreading are often difficult to determine and are likely to change over time. If traveling, please visit the CDC Travelers' Health website for the most recent travel information.

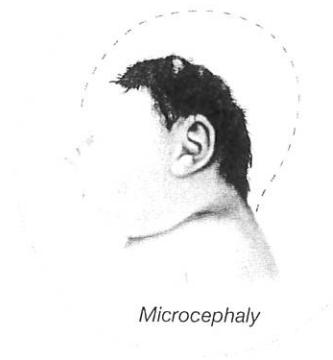
Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.



Why Zika is Risky for Some People

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.



How to Prevent Zika

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



- ♦ Wear long-sleeved shirts and long pants.
- ♦ Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- ♦ Take steps to control mosquitoes inside and outside your home.
- ♦ Treat your clothing and gear with permethrin or buy pre-treated items.
- ♦ Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.
 - » When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
 - » Do not use insect repellents on babies younger than 2 months old.
 - » Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



- ♦ Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- ♦ Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- ♦ Prevent sexual transmission of Zika by using condoms or not having sex.

What to do if You Have Zika

There is no specific medicine to treat Zika.

Treat the symptoms:

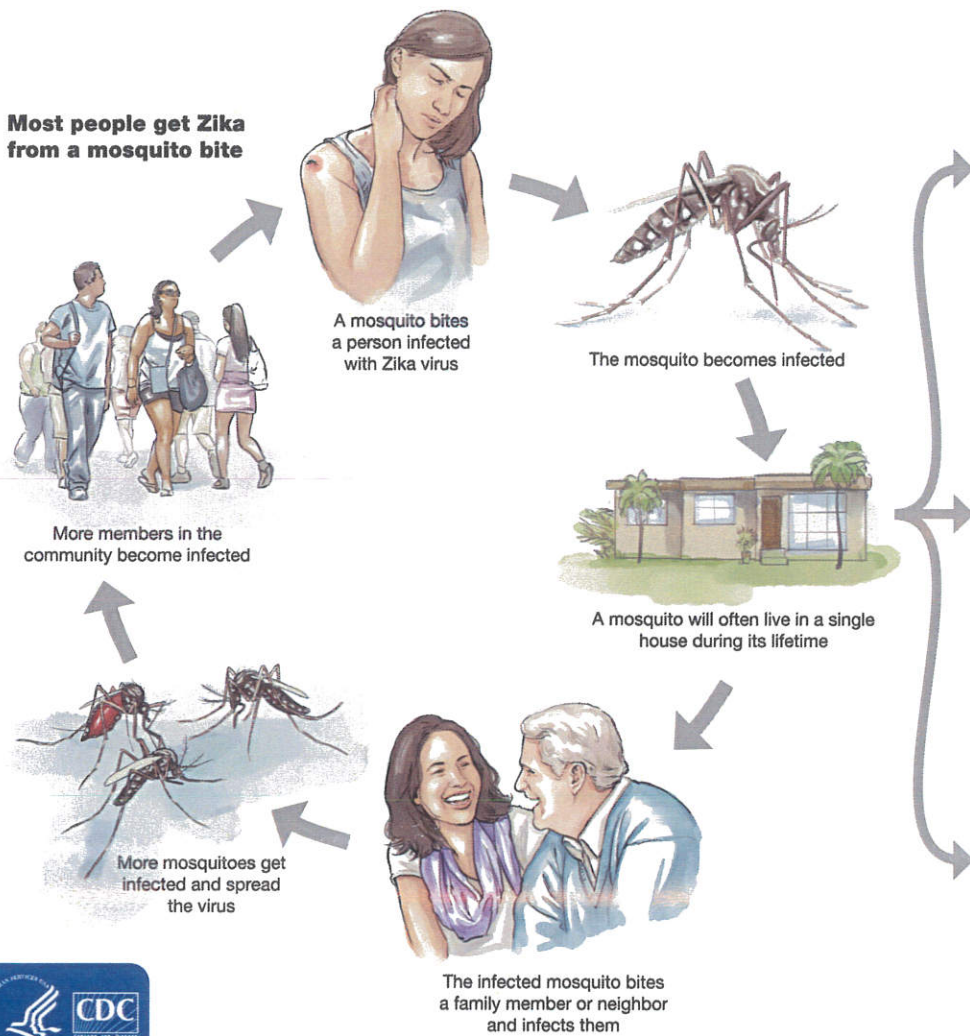
- ♦ Get plenty of rest.
- ♦ Drink fluids to prevent dehydration.
- ♦ Take medicine such as acetaminophen to reduce fever and pain.
- ♦ Do not take aspirin or other non-steroidal anti-inflammatory drugs.
- ♦ If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.



To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of illness.

PROTECT YOUR FAMILY AND COMMUNITY: HOW ZIKA SPREADS

Most people get Zika from a mosquito bite



Other, less common ways, people get Zika:

During pregnancy

A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika causes microcephaly, a severe birth defect that is a sign of incomplete brain development

Through sex

Zika virus can be sexually transmitted by a man to his partners

Through blood transfusion

There is a strong possibility that Zika virus can be spread through blood transfusions

Safety Meeting/TBT
Topic: Zika Virus Protection for Outdoor Workers-OSHA

Safety Meeting/TBT
Topic: Zika Virus Protection for Outdoor Workers-OSHA
CDC Basics of Virus + Protect Against.
CDC Protect your family + Community - How it Spreads.

Date: _____

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