

Carnival sent out the following instructions and information:

On January 15, 2016, the US Centers for Disease Control and Prevention (CDC) upgraded their Zika virus travel health notice to "Alert Level 2", (Practice Enhanced Precautions) with specific affected areas of the Caribbean and Central and South America. You may have received our previous communications providing this information. As of February 4, the CDC notice now includes Jamaica among the affected areas. For the most up-to-date information on the Zika virus and countries affected, please visit the website: <http://wwwnc.cdc.gov/travel/notices>.

Zika virus is spread primarily through mosquitoes, which mainly bite during daytime hours. It is not transmitted from person to person. Symptoms of Zika typically develop 3-12 days after being bitten and may include fever, headache, skin rash, joint pain and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from 2-7 days and most people who contract Zika experience no symptoms at all. Comprehensive health information can be found at <http://www.cdc.gov/zika/index.html>.

There has been a recent increase in poor pregnancy outcomes among mothers who contracted Zika during pregnancy. These cases are being reported in areas where Zika virus outbreaks have occurred. Knowledge of the link between Zika and these outcomes is still developing. For this reason, the CDC Advisory particularly impacts women who are pregnant and women who are trying to become pregnant.

The CDC advisory recommends that women who are pregnant in any trimester consider postponing travel to areas where Zika virus transmission is ongoing. If pregnant women do opt to travel to Zika affected areas, the CDC recommends talking to their healthcare provider in advance and strictly follow steps to avoid mosquito bites during their trip. Specific guidance for women who are trying to become pregnant is also included in the CDC advisory. More information can be found here: <http://www.cdc.gov/zika/pregnancy/question-answers.html>.

There is no vaccine to prevent Zika Fever however individuals can reduce their risk of contracting Zika and other mosquito-borne illnesses by following these steps prior to going ashore:

- Apply insect repellent which contains one of the following active ingredients: DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535.
- If both sunscreen and insect repellent is used, apply the sunscreen first and then the repellent.
- Repellent is available for purchase from the shops on board.
- Wear a loose, long-sleeved shirt and long pants, preferably of a light color to minimize the likelihood of being bitten.

Should your clients experience any symptoms of fever, headache, skin rash, joint pain and conjunctivitis (red eyes) while sailing with us, please have them contact the ship's Medical Center or their doctor if they have already returned home. Remind them they should tell their healthcare provider about their recent travel.

Thank you for taking the time to read this important information.

Sincerely,  
Patrick Fullerton, DO  
Chief Medical Officer & Fleet Medical Director  
Carnival Cruise Line

## Upgraded INFO ABOUT THE ZIKA VIRUS

So, many of your listeners probably are aware of the virus, it's been in the news, and there seems to be something new every day. There has been a lot of misconception but yet there must be caution as well. How this has affected the industry? A lot - many vendors are sending out talking points for agents to pass to their clients. Some clients have chose to cancel, many have not...however, without an agent you are on your own eh? And regarding this topic....kinda important to get the real deal than the sensationalism that the media seems to thrive.

Still there is information that is valuable out there to convey. I've listed them below. Pick what you'd like to talk about.....but this is the real deal....if you use common sense as a regular traveler, use insect repellent, long sleeves, avoid standing water....you should be in good shape...it is what you do once you are bitten that is paramount!!!!!!!

Facts:

- 1) If bitten by a mosquito you should have symptoms within 3-12 days
- 2) There is no treatment or vaccine for the Zika virus presently
- 3) Up to 4 million could be affected w/zika over the next year
- 4) **Most important regarding pregnant women and those wanting to get pregnant:** They must avoid those areas of the world where the problem exists - and this is the bad part - CDC is addiing more countries every day. I have a link to the CDC to have up to date information as it is updated regularly. Just this week Jamaica was added.
- 5) Pregnant women or those wanting to get pregnant who have recently visiting South America, Caribbean, Dominica Republic and had been bitTen by a mosquito should get tested for the virus
- 6) Recently in the news it was reported that Zika could be transmitted sexually. - only one (1) case presently and that is still not confirmed however, any males traveling to areas with mosquito activity should wear condoms for at least 4+ weeks following exposure.
- 7) 80% of people with Zika will not show symptoms and IF you were traveling and bitten by a mosquito - in any case - get tested.
- 8) No need to quarantine like the EBOLA
- 9) Best solution is to get rid of mosquito, Stay away from standing water, wear long sleeves and use bed nets when traveling into, especially, 3rd world countries.
- 10) Zika was recognized originally in 1927 In 2007 Brazil had an outbreak and it was wiped out by riding of mosquitoes and Zika returned in 2015.

Symptoms: mild fever, rash and body aches. If you visited one of the countries, were bitten and then got pregnant - if that sequence happened after 2-3 weeks, get tested and if negative it is fine to get pregnant.