

Mosquito-Borne Illnesses Information Sheet

The purpose of this information sheet is to provide you with facts about Zika, Chikungunya and Dengue Fever (“Mosquito-Borne Illnesses”). The Production will either take place in or travel to a region where mosquitoes carrying these diseases have been found.¹ By taking a position with the Production, you are assuming the risk of traveling to these locations, including the risk of Mosquito-Borne Illnesses, so please carefully review this information sheet and do not hesitate to raise any questions or concerns you may have with the production safety representative, your supervisor, the UPM, or line producer(s).

1. Zika Virus

Included in this memo are general facts about each of these Mosquito-Borne Illnesses. Please see the Center for Disease Control’s Zika website (<https://www.cdc.gov/zika/>) or your private physician for more information on Zika.

2. General Information: Zika, Chikungunya & Dengue Fever

One of many species of mosquitoes found in this region can carry Zika, Dengue Fever and/or Chikungunya. Initial signs and symptoms of all three are very similar to each other and are listed below. Upon request, blood or urine tests can be conducted to determine if any of these diseases have been contracted and especially should be administered immediately if you experience any of the signs or symptoms. The production will pay for the blood or urine tests.

A. Signs, Symptoms and Response:

Symptoms of Zika, Dengue Fever and Chikungunya are very similar to each other and can appear from one to three weeks after being bitten by an infected mosquito.

- **Zika:** Symptoms include fever, rash, joint pain, conjunctivitis (red eyes), muscle pain or headaches. Symptoms can last from a few days to a week. Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who have Zika virus while pregnant. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as absent or poorly developed brain structures, defects of the eye, hearing deficits, and impaired growth. If you think you are pregnant and have traveled to an area where Zika may be present or get pregnant after returning from a Zika present area, get tested.

¹ For a current listing of countries with active Zika virus transmissions, please see the Centers for Disease Control’s (“CDC”) website: <https://www.cdc.gov/zika/geo/active-countries.html> and/or the European Centre for Disease Prevention and Control (“ECDC”) website: http://ecdc.europa.eu/en/healthtopics/zika_virus_infection/zika-outbreak/pages/zika-countries-with-transmission.aspx.

- **Dengue Fever:** Symptoms include fever, headache, nausea, vomiting, rash, and pain in the eyes, joints, and muscles. Severe symptoms begin to mimic flu symptoms. The infected person will usually become bed ridden with joint and muscle pain for approximately a week.
- **Chikungunya:** Symptoms commonly are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling or rash. The infected person will usually become bed ridden with joint and muscle pain for approximately a week.

What to do if you feel sick and think you may have Zika, Dengue Fever or Chikungunya:

- ***Please make sure you seek prompt medical attention*** -

- If you feel you are seriously ill and are still on location, please contact the set medic or the production safety representative and they can refer you to a local doctor.
- If you feel you are seriously ill after returning home, especially if you have a fever or if symptoms have lasted more than a week, please contact your local doctor, and do the following:
 - Tell them about your travel to (explain the region or country) so they are aware to check for Zika, Dengue or Chikungunya, as well as addressing any of their own concerns.
- If you feel you have any of the minor symptoms, please contact the Set Medic. Minor symptoms last from one week to one month.
- Get lots of rest, and drink plenty of liquids.
- Take acetaminophen to relieve fever and pain. Do not take aspirin or anti-inflammatory drugs, such as ibuprofen.
- Apply hydrocortisone cream or calamine lotion to reduce the itching.
- Avoid spreading the disease by preventing more mosquito bites.
- Chikungunya and Dengue Fever are only transmitted to individuals by an infected mosquito's bite. They are not transferred from person to person. A mosquito may bite an infected person, become a carrier, and pass it on to other people it bites in the future.
- Zika is initially contracted by an infected mosquito's bite or by biting an infected person, becoming a carrier, and passing it on to other people it bites in the future.
- Zika may also be transmitted by direct contact with infectious blood and other body fluids (such as semen through sexual transmission). The infected person may not have experienced any symptoms, are currently symptomatic or may have recovered from all symptoms. **Those with the Zika virus may sexually transmit it for up to 6 months.**
- For more information please see your physician or the CDC website: <http://www.cdc.gov/zika/transmission/sexual-transmission.html>.

B. Prevention:

Follow these suggestions to prevent mosquito bites.

- When reasonably possible, cover exposed skin by wearing long-sleeved shirts, long pants, and hats. Loose fitting clothing is recommended to help prevent mosquitoes from reaching the skin, and to retain less heat.

- Use an appropriate insect repellent as directed. Production will provide at least one type of the four types below:
 - **DEET** containing products such as Off!, Cutter, Sawyer, and Ultrathon.
 - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan.)
 - **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals.)
 - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart.)
- It is recommended that you spray insect repellent on your clothing, as well as your skin.
- If you are also using sunscreen, apply the sunscreen first and the insect repellent second.
- Always follow product directions and reapply as directed. Don't forget vulnerable areas which may be partially covered but still exposed, e.g. ankles and ears.
- Please note that each of the repellants listed above has certain advantages and disadvantages. You can learn more about each on-line at: <http://www2.epa.gov/insect-repellents/skin-applied-repellent-ingredients>
- Because Production may not have all of the types listed, if there is a particular type that you prefer, please make sure to bring a supply of that type for yourself.

Remember that mosquitoes are most prevalent at dawn and dusk, and use extra caution at those times. Mosquitoes can bite during the day or at night.

If you would like, insect repellent clothing can be purchased on-line and from various outdoor retailers. Please see Production if you'd like a list of retailers who carry insect repellent clothing.

In the event that you see any sources of standing water, please alert the Production immediately. Standing water (e.g., tires, buckets, cans, bottles, barrels) can be a mosquito breeding area.

Depending on the circumstances, Production may take one or more of the following steps to limit cast and crew exposure to mosquitoes on set:

- Insect netting may be installed over the doorway to tents at base camp and on set.
- "Bug Zappers" and citronella candles may be placed around base camp and set.
- When reasonably possible, the Locations department may spray the areas surrounding base camp prior to set-up and/or filming at each location.

Hotels also recommend that you keep windows and sliding doors closed, unless they are appropriately screened.

3. Chikungunya, Dengue & Zika: History & Additional Information

Chikungunya outbreaks have occurred in countries in Africa, Asia, Europe and the Indian and Pacific Oceans. In late 2013, the Chikungunya virus was found for the first time in the Americas on islands in the Caribbean. Chikungunya has also been found in mosquitoes in Florida and Texas.

In 2016, 119 people in the United States have tested positive for the Chikungunya. All were travelers visiting or returning to the United States from affected areas.

Dengue has been around since the 1950's. The accumulated suspected Dengue Fever cases for the 2014 year were 2,468. Of these suspected cases, only 381 (15%) were confirmed by blood tests in the laboratory. This means 1 person in 9,679 has contracted Dengue after being bit by the carrying mosquito.

For the years 2015 and 2016, 139 people have contracted Zika while in the United States. 3,988 U.S. residents have contracted the virus while traveling in areas outside the United States where the carrying mosquitoes were present. There are over 30,000 people that have been infected with Zika in U.S. Territories, for example, but not limited to Puerto Rico or the Virgin Islands.

All statistics above are from reputable sources such as the CDC, ECDC and the World Health Organization (WHO).

<https://www.cdc.gov/zika/geo/>

http://ecdc.europa.eu/en/healthtopics/zika_virus_infection/zika-outbreak/pages/zika-countries-with-transmission.aspx.

<http://www.who.int/mediacentre/factsheets/zika/en/>

4. **Conclusion**

We hope you find working in the region an excellent experience. This information sheet is not meant to replace consultation with your doctor. The information presented is provided to help you make an informed decision about traveling to these unique and beautiful filming locations.

The production will take measures to reduce the exposure to mosquitoes, but everybody needs to be aware and take precautions to try and prevent Mosquito-Borne Illnesses. This includes both when you are on or off the clock in these locations.

If you have any questions or additional concerns, you can speak to the production safety representative, set medic, your supervisor, the UPM, or line producer(s).