ZIKA and Other Vector-Borne Disease

You may have heard of Zika virus. This mosquito-borne infection made headlines early this year due to its association with microcephaly in newborns. The focus of the public has shifted from microcephaly to the possible impact this infection may have on a growing and vulnerable population: the unborn. It was then discovered that Zika can be spread through sexual contact. This prompted the Centers for Disease Control and Prevention (CDC) to advise pregnant women or women trying to become pregnant to postpone traveling to areas with active Zika virus transmission. At this time, the areas of concern are:

- South America
  *Mexico
  *Central America
  *Caribbean Islands

Other mosquito-borne diseases include: Chikungunya, West Nile virus, Yellow Fever, Dengue and Zika Virus. To prevent bites, cover exposed skin by wearing long-sleeved shirts and long pants. Try to stay indoors, screen rooms, and use bed nets if you will be sleeping near or in the outdoors. Avoid being outdoors when mosquitoes are active.

Check the CDC Website for more information on how you can protect yourself from mosquito and other vector-borne diseases.

Source: University of New Mexico Student Health and Counseling

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Spring Break Wisdom from COSAP

Dear Lobos,

Spring break is a time to have fun – relax and rejuvenate – but stay safe! Whether your plans involve jetting off or road-tripping to a warmer locale with blue water and lots of white sand, or just staying local and enjoying the time off with family and friends and have each other's backs. Stay safe, have a great time, and we'll see you back on campus soon!

~COSAP

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SHAC Travel News

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