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## INTERNATIONAL PROGRAMS

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SUNY Ulster advise anyone considering Academic Travel to be aware of events related to the outbreak of the Zika virus. The Centers for Disease Control (CDC) confirms that active virus transmission is currently limited to countries in Latin America and the Caribbean, two countries in the Pacific Islands, and Cape Verde in Africa, and has issued a travel alert for people traveling to countries in these regions.

SUNY Ulster is monitoring the status of the Zika virus for its possible risk to our students and we urge all students and parents to consult the [CDC website](#) for information and recommendations regarding the Zika virus.

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These are the same mosquitoes that spread [dengue](#) and [chikungunya](#) viruses.

- These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They prefer to bite people, and live indoors and outdoors near people.
- Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters, but they can also bite at night.
- Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

You can prevent Zika by proactively avoiding mosquito bites.

### **Among the CDC's recommendations for protection against mosquito bites are to:**

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.

- Treat clothing and gear with permethrin or purchase permethrin-treated items.

**The CDC also recommends precautions for pregnant women and women trying to become pregnant:**

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their doctors or other health care providers first and strictly follow steps to avoid mosquito bites during the trip.
- Women trying to become pregnant should consult with their health care providers before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.

The [Department Smart](#) website contains valuable information for learning more about Zika and travel.

Students with specific health questions should contact their health care providers.