

Amor Response to Zika Virus Concerns for Mexico

Amor is continually monitoring the regions in which we work for situations that could be of concern to our groups. Our desire is to proactively communicate when a situation arises that may affect our participants. Amor has regular contact with Mexican government officials and local community leaders to ensure accurate and timely information is presented and acted upon.

Though no cases of the Zika virus have been reported in the regions of Mexico in which Amor works, we are closely monitoring the situation. Regarding symptoms, the Centers for Disease Control and Prevention states the following on its website (www.cdc.gov/zika/symptoms) :

- About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week.
- Zika virus usually remains in the blood of an infected person for a few days but it can be found longer in some people.
- Severe disease requiring hospitalization is uncommon.
- Deaths are rare
- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.
- Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.

Amor encourages participants to follow CDC recommendations for prevention of viruses transmitted by mosquito bite (www.cdc.gov/zika/prevention):

- Wear long-sleeved shirts and long pants.
- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
- Always follow the product label instructions
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.

Amor is committed to providing a safe Impact Trip for you and your group. We will be updating our statement if any information changes. For up to date information in preparing for your trip, or should you have any questions or concerns, please feel free to contact us at 619-662-1200x6 or by email at missionservices@amor.org.