



FOR IMMEDIATE RELEASE:

## HEALTH RISKS AT THE 2016 RIO OLYMPICS: WHAT YOU NEED TO KNOW

**May 18, 2016, Chapel Hill, North Carolina:** VIGILINT today announced its medical and security recommendations for travelers to the 2016 Rio Olympics.

"Mass gatherings always have some degree of risk ranging from traumatic injuries to infections," stated Dr. Sean Siler, VIGILINT President and Chief Medical Officer. "The Zika virus is not the only health concern for travelers to the Rio Olympics. We are monitoring several health threats including Dengue Fever, Yellow Fever, Malaria and Sexually Transmitted Infections."

VIGILINT recommends visitors to Rio de Janeiro should:

- Identify satisfactory local hospitals, pharmacies, and physicians in every destination
- Obtain all required vaccinations at least 2 weeks prior to travel
- Use mosquito repellent with at least 20% DEET to protect against Zika, Malaria, Yellow Fever, and Dengue Fever
- Purchase Permethrin treatment kits for clothing if traveling to mosquito-infested areas
- Bring medications for chronic conditions packed in original containers and kept in carry-on luggage
- Purchase condoms from reputable sources to avoid defective products and practice safer sex to minimize the potential for sexually transmitted infection
- Pack health insurance international card in wallet; number loaded into cell phone
- Confirm aeromedical transport coverage to facilitate access to lifesaving care and bring you back home
- Leave a detailed itinerary with point of contact info with family and office staff
- Register your itinerary with the State Department's STEP program for relevant security updates
- Establish several redundant methods of communication should traditional phone and internet networks fail including social media or satellite phones

VIGILINT advises pregnant women should not to travel to areas with ongoing Zika virus transmission, including Rio de Janeiro. Partners of pregnant women returning from Zika infected areas should continue to practice safer sex or abstain throughout the pregnancy.

The VIGILINT team of physicians and pandemic planning and risk mitigation experts continue to monitor disease outbreaks, risk and provide prevention interventions.

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