



## Zika Virus: Know Before You Go

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As you plan for your educational experience abroad, there are many factors to consider when deciding where and when to travel.

It is very important to find information that will help you make educated decisions for your unique, personal circumstances. Considering matters related to your health, there are several resources available to you including:

- The Office of International Affairs offers “[Getting Started](#)” sessions to provide information about study abroad.
- The Centers for Disease Control and Prevention Travel Health Website [www.cdc.gov/travel](http://www.cdc.gov/travel) provides country specific information about vaccines and medications, food and beverage safety and healthy travel packing guidelines.
- Student Life’s Student Health Services provides [pre-travel visits](#) where your specific health risks can be assessed as well as receiving travel vaccines, medical travel information and prescriptions for travel medications.

Even with all of these resources it is still difficult to know everything about potential health risks. For example, new information about the spread and the impact of the Zika Virus is made available almost weekly. We now know the virus can be transmitted from either women or men during unprotected sexual intercourse and there are reported cases of Zika in the United States that are neither related to travel nor spread through sexual transmission. Zika has also been known to be linked to birth defects in babies.

It is important to know and understand the risks of Zika and other health-related issues before you plan your educational trip. If you have concerns or questions, please make an appointment with a medical professional prior to selecting your study abroad site.