

To all IPC members

Sent by email

Bonn, 27 April 2016

Update: Zika virus and water quality in Rio

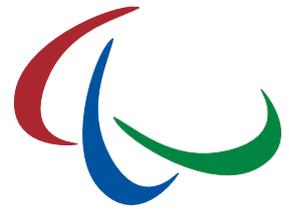
Dear IPC members,

Following our previous communication about the Zika virus outbreak and water quality concerns in Rio de Janeiro, we would like share an update with you after the most recent meetings with Rio 2016 and the International Olympic Committee (IOC).

Zika Virus

The IPC continues to work closely with the World Health Organisation (WHO) and Rio 2016 to ensure we have the most up to date information and guidance. Additionally, NPCs should consult with their national health authorities to get additional advice and guidance. It needs to be remembered that Zika is not just a problem relating to Rio and Brazil, but an international concern according to the WHO. The WHO has not recommended any general restrictions on travel to areas with Zika virus transmission. However, the following is currently advised by the WHO:

- All travellers to areas with active Zika transmission should take mosquito bite avoidance measures during both daytime and night-time hours. These measures include wearing appropriate clothing with long trousers and sleeves and using insect repellents. Repellents may be applied to exposed skin or to clothing, and should contain DEET (diethyltoluamide) or IR 3535 or Icaridin which are the most common biologically active ingredients in insect repellents. Repellents must be used in strict accordance with the label instructions.
- Pregnant women should be advised not to travel to areas of ongoing Zika virus outbreaks.
- Women who are planning to become pregnant and their partner should discuss their travel plans with their healthcare provider to assess the risk of infection with the Zika virus and receive advice on mosquito bite avoidance measures.



- Sexual transmission of Zika virus is possible. All people who have been infected with Zika virus, live in areas where local transmission occurs, or are returning from an area where local transmission occurs should practice safe sex.

Additional information and the current recommendations regarding Zika virus can be found in multiple languages on the [WHO website](#).

Water Quality

The IPC continues to work closely with Rio 2016, the IOC, the WHO, and representatives from the applicable International Federations regarding the monitoring of the water quality at the relevant venues. The IPC is currently very satisfied with the plans in place.

There is an extensive monitoring programme in place and the results are reported regularly to the IPC. In addition there is ongoing research into the effects of rainfall and other sources of pollution which will further assist with the monitoring and risk mitigation during the Games. During the Games, the water quality will be measured daily and will include a visual sanitary inspection. Following consultation with representatives from the relevant parties, including from the WHO, the combined results will determine the action (if any) required to ensure safe competition.

The IPC will continue to inform you of any relevant update.

Kind regards,

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Medical & Scientific Director
International Paralympic Committee