

## Player Notice



### Health Warning: Zika Virus

11<sup>th</sup> February 2016

Last week the World Health Organization (WHO) issued a public health warning regarding the Zika virus, an infection carried by mosquitoes that has spread greatly in recent months in Brazil and other Latin American and Caribbean countries. Cases of Zika virus have now also been reported in other parts of the world.

In most cases, the symptoms of the Zika virus are mild (e.g. low grade fever, rash, joint/muscle pain, red/itchy eyes) and not considered a threat. In most cases, these symptoms are treated with common pain and fever medicines, rest and hydration. If symptoms worsen or do not clear, then you should seek medical advice. Importantly, the Zika virus has been linked to birth defects in new-born babies and could present a risk for pregnant women.

Players' health and safety are the ITF's top priority, so below are some guidelines to help you avoid becoming infected with Zika virus when travelling to at-risk regions.

#### **MOST IMPORTANT: take steps to prevent being bitten by mosquitoes.**

Prepare for your trip by packing (and ensure you use when in a Zika zone):

- Insect repellent that contains 30% or higher 'DEET.'
  - You are advised to bring your own repellent as certain countries including Brazil, Mexico and Colombia are experiencing national shortages of insect repellent;
  - Ensure your own insect repellent complies with the Anti-doping programme (visit [www.itftennis.com/antidoping](http://www.itftennis.com/antidoping) for more details);
  - Follow the directions of the insect repellent, which generally must be re-applied every 8 hours or sooner.
- Light coloured clothing; long sleeves, pants and socks.
- Mosquito net – for use when sleeping – shop online, search 'mosquito net.'

ITF and ITF tournaments potentially impacted by the Zika virus outbreak are working together to promote your safety. Tournaments have been encouraged to provide suitable insect repellent on-site for your personal use.

If you are currently pregnant, you are advised to speak directly with your medical or maternity doctor/physician to discuss next steps and considerations. The Zika virus can be transmitted sexually from infected men. This means that if you are a female and are currently pregnant or might become pregnant in the near future, you must take appropriate precautions if your male partner is at risk of carrying the Zika virus (abstinence or using condoms).

Be advised that all normal withdrawal rules apply.

For further information or if you have additional questions, visit the WHO website at <http://www.who.int> or speak to a medical doctor or physician.

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