



International
Paralympic
Committee

Athlete information in relation to the Rio 2016 Paralympic Games

Zika virus and water quality

May 2016

International Paralympic Committee

Adenauerallee 212-214 Tel. +49 228 2097-200
53113 Bonn, Germany Fax +49 228 2097-209

www.paralympic.org
info@paralympic.org



The IPC would like all athletes to be informed about the recent updates sent to the IPC Membership on health matters related to the Rio 2016 Paralympic Games, in particular on the Zika Virus and the water quality. All athletes are invited to liaise with their NPC to be kept informed regularly on any updates and on preventive measures in place on national level.

Zika Virus

It needs to be remembered that Zika virus is not just a problem relating to Rio and Brazil, but an international concern according to the World Health Organisation (WHO). The WHO has not recommended any general restrictions on travel to areas with Zika virus transmission, however they currently advise the following:

- 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. We offer repellents at the Reception, so please do not hesitate to fetch it before you leave to a relevant region.
- 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 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 Rio 2016 venues.

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.