



Educación para un Futuro Sostenible...Education for a Sustainable Future

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Greetings from the Monteverde Institute...

The health and safety of our course participants is always of primary concern at the Monteverde Institute. Given concerns regarding the emerging Zika virus, we would like to inform you of the following:

1. According to the CDC report on the Zika virus, “the illness is usually mild with symptoms lasting from several days to a week,” and an estimated one in five infected people experience symptoms. Recent studies have shown that a small percentage of cases may have complications. The primary danger is for **pregnant women** due to the virus’ potential interference with fetal development. <http://www.cdc.gov/zika/>
2. To date, there has been no transmission of mosquito-borne illnesses in Monteverde, and we do not anticipate Zika being an exception. The cool climate, high winds, abundant precipitation, sanitation standards, and lack of standing bodies of water, create unfavorable conditions for mosquito vectors. (Data on altitudinal limits of the *Aedes* mosquito distribution varies from 800m to 2,000m. Our experience in Monteverde is that biting mosquitoes are very uncommon.)
3. If your course includes travel to lowland areas, protect yourself using a long sleeved shirt and pants (consider treating with permethrin), and insect repellent with DEET or lemon eucalyptus oil. For more detailed information regarding precautions, see <http://www.cdc.gov/zika/prevention/index.html>
4. If you prefer to avoid lowland areas, we are happy to alter your itinerary accordingly.

Please do not hesitate to contact us with questions or concerns.