

WSK GAMES - ASUNCIÓN

MOSQUITO-BORNE INFECTIONS

Protect yourself from mosquito bites throughout your stay in Paraguay

DENGUE • CHIKUNGUNYA • ZIKA

These infections are transmitted by *Aedes* mosquitoes. They can cause fever, headache, muscle or joint pain and rash. Prevention of mosquito bites is your best protection.

PROTECT YOURSELF

- **Use insect repellent** on exposed skin. Products containing DEET or picaridin/icaridin are appropriate options; follow the label.
- **Reapply as directed**, especially after heavy sweating or washing.
- **Wear long sleeves and trousers** when practical.
- Choose **screened or air-conditioned rooms**; use a bed net if sleeping areas are exposed outdoors.
- If using sunscreen, **apply sunscreen first, then repellent**.

REMEMBER: DAYTIME BITES

Aedes mosquitoes commonly bite during the day. Use repellent during **training, competition, travel and leisure time** - not only in the evening.

REDUCE BREEDING SITES

- Do not leave standing water in bottles, buckets or containers.
- Keep doors/windows screened or closed where possible.
- Report obvious mosquito breeding areas around team accommodation or venues.

IF YOU BECOME UNWELL

Contact the WSK Games Medical Team promptly if you develop **fever, severe headache, marked muscle or joint pain, rash, unusual bleeding, persistent vomiting, abdominal pain or significant weakness**.

If dengue is possible: avoid aspirin and anti-inflammatory medicines such as ibuprofen until medically assessed. Paracetamol/acetaminophen is generally preferred unless medically contraindicated.

PREGNANCY / ZIKA

Pregnant participants, or anyone planning pregnancy, should seek individual travel-health advice because Zika infection during pregnancy can cause serious fetal complications.

MEDICAL TEAM / QR

Dr Carlos Segovia

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Travel note: Yellow fever vaccination is generally not recommended for travel limited to Asunción, but requirements can depend on the travel route and countries visited or transited. Participants should check their own itinerary before travel.

Participant health information - September 2026. Sources: PAHO/WHO arboviral disease prevention guidance and CDC Paraguay Travelers' Health guidance. This notice does not replace individual medical or travel-health advice.