

WSK GAMES – ASUNCIÓN

MOSQUITO-BORNE INFECTIONS: PARTICIPANT HEALTH NOTICE

Protect yourself from mosquito bites throughout your stay in Paraguay.

Mosquito-borne infections occur in Paraguay, particularly dengue, chikungunya and Zika. These infections can cause fever, headache, muscle or joint pain, rash and significant illness. Prevention of mosquito bites is the most important protection.

There are no immunizations available or effective treatments for these infections so taking preventive measures is important

IMPORTANT: Aedes mosquitoes that transmit dengue, chikungunya and Zika commonly bite during the daytime. Use repellent during training, competition, travel and leisure time - not only in the evening.

HOW TO REDUCE YOUR RISK

- Use an effective insect repellent on exposed skin and follow the product instructions. Repellents containing DEET or picaridin/icaridin are appropriate options.
- Wear long sleeves and long trousers when practical, particularly when away from competition areas.
- Keep accommodation doors and windows screened or closed and use air-conditioning where available.
- Do not leave standing water in bottles, buckets, containers or other items around accommodation.
- If using sunscreen, apply sunscreen first and insect repellent afterwards.

IF YOU BECOME UNWELL

Report promptly to the WSK Games medical service 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 non-steroidal anti-inflammatory medicines (such as ibuprofen) until you have been medically assessed, because they may increase bleeding risk. Paracetamol/acetaminophen is generally preferred for fever or pain unless medically contraindicated. Use electrolyte solution such as hydralyte for fluid replacement

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

YELLOW FEVER

Yellow fever vaccination is generally not recommended for travel limited to the city of Asunción, but requirements and recommendations can differ according to your travel route, including travel through other South American countries. Participants should check their individual itinerary and entry requirements before travel. Paraguay requires evidence of yellow fever vaccination when travelling from some countries. Please check requirements before travel

WHEN IN DOUBT: CONTACT THE WSK GAMES MEDICAL TEAM LEADER

Dr Carlos Segovia