



Security Message for U.S. Citizens: Rangoon (Burma), Zika Virus

Disease Outbreak

East Asia & Pacific > Burma; East Asia & Pacific > Burma > Rangoon

9/30/2016

The U.S. Embassy in Yangon informs U.S. citizens that the Centers for Disease Control and Prevention (CDC) has issued Travel Guidance for Burma regarding the risk of Zika virus infection. Zika virus is endemic. The risk of Zika to travelers, especially pregnant women, in endemic countries is likely lower (but not zero) than in areas where Zika is newly introduced and spreading widely. Women who are pregnant or planning to become pregnant should discuss their travel plans with their medical provider and consider postponing nonessential travel to Burma. Men whose partners are pregnant or are considering pregnancy should talk to their medical provider about CDC's recommendations on how to avoid sexual transmission of Zika infection to their partners.

The CDC has concluded that the Zika virus is a cause of microcephaly and other severe fetal brain defects in some fetuses and babies born to some infected mothers. Zika also rarely may lead to the Guillain-Barré syndrome or other neurological conditions, which can affect individuals of any age or sex.

Zika virus is typically transmitted by the day biting *Aedes aegypti* mosquito, but there have been confirmed cases of transmission through sexual contact and blood transfusion. CDC reports that travel to elevations higher than 2,000 m (6,500 ft) above sea level is considered to have minimal likelihood for mosquito-borne Zika virus transmission, even within countries reporting active transmission.

For general information and the latest updates about Zika and steps to prevent mosquito bites and sexual exposure to the virus, please visit the CDC website.

For further information:

See the State Department's travel website for the Worldwide Caution, Travel Warnings, Travel Alerts, and Burma Country Specific Information.

Enroll in the Smart Traveler Enrollment Program (**STEP**) to receive security messages and make it easier to locate you in an emergency.

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Contact the U.S. Embassy in Burma, located at 110 University Avenue, Kamayut Township, Yangon at +95 1 536 509, 8:00 a.m. to 4:30 p.m. Monday-Friday. After-hours emergency number for U.S. citizens is +95 (0)95124330, or +95 1 500 547.

Call 1-888-407-4747 toll-free in the United States and Canada or 1-202-501-4444 from other countries from 8:00 a.m. to 8:00 p.m. Eastern Standard Time, Monday through Friday (except U.S. federal holidays).

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