

# EDUCATING MIGRANT WORKERS ON ZIKA

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East Coast Migrant Stream Forum

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# WORKSHOP PRESENTER

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# OVERVIEW/ DESIGN OF THE “COURSE”

- Ground Rules
- Objectives & Outcomes
- Pre-test
- Zika 101
- Migrant Risk Factors
- Protective Strategies
- Dialogue
- Practice Sessions
- Post-test

# GROUND RULES

- Make “I” statements
- Allow for differences in opinions/perspectives
- Avoid talking over others
- Commit to the process of the training
- Support and encourage participant dialogue
- Turn off or silence all electronic devices

# OBJECTIVES AND OUTCOMES

By the end of the session, participants will

- Receive tailored knowledge of what Zika virus disease (Zika) is and how it is relevant to migrant farm workers, communities in rural settings, and communities with connections to affected areas (e.g., Central America)
- Acquire bilingual prevention information, tools, and strategies for use when educating others on reducing personal exposure to Zika
- Practice the use of the terminology in Spanish specific to Zika and Zika-related complications

# ABOUT THIS TRAINING

- The content of this training was produced by CDC and its partners.
- The material is available in standard Spanish and English.
- The training content and resource materials are for your use to present to others.

# LIMITATIONS

- The content covered is basic information
- It does not discuss:
  - Larvicides
  - Sexual transmission strategies
  - Manifestations of Guillain-Barré syndrome
  - Zika across life stages
  - Other diseases (e.g. Chikungunya)

# INTENDED AUDIENCE

- Community health workers (CHWs) and *promotores* who
  - Are bilingual/bicultural educators
  - Communicate directly with migrant farmworkers
  - Train other CHWs and *promotores*
- Bilingual public health educators/trainers



# BENEFITS FROM THIS COURSE

- Acquire basic information on Zika
- Practice terms related to Zika
- Prepare how to present the information in migrant settings
- Protect the community

# OUTCOMES

- Adapt and tailor the materials for your use/ local conditions.
- Conduct training activities in your local area.
- Share information on your efforts with your peers and CDC via an online platform.

**PRE-TEST**

# ICE BREAKER

- Introduce yourself to 3 or 4 of your neighbors.
- Provide background on yourself: name, place of birth, where you practice, for how long.
- Explain your main concerns or questions about Zika.

# SECTION I: ZIKA 101

# ZIKA: THE VIRUS

- Discovered in 1947, Zika Forest, Uganda
- 1952: First identified in a person in Uganda
- 2013-2014: French Polynesia
- 2015: Brazil and Puerto Rico
- Now: Many countries and territories, including the US



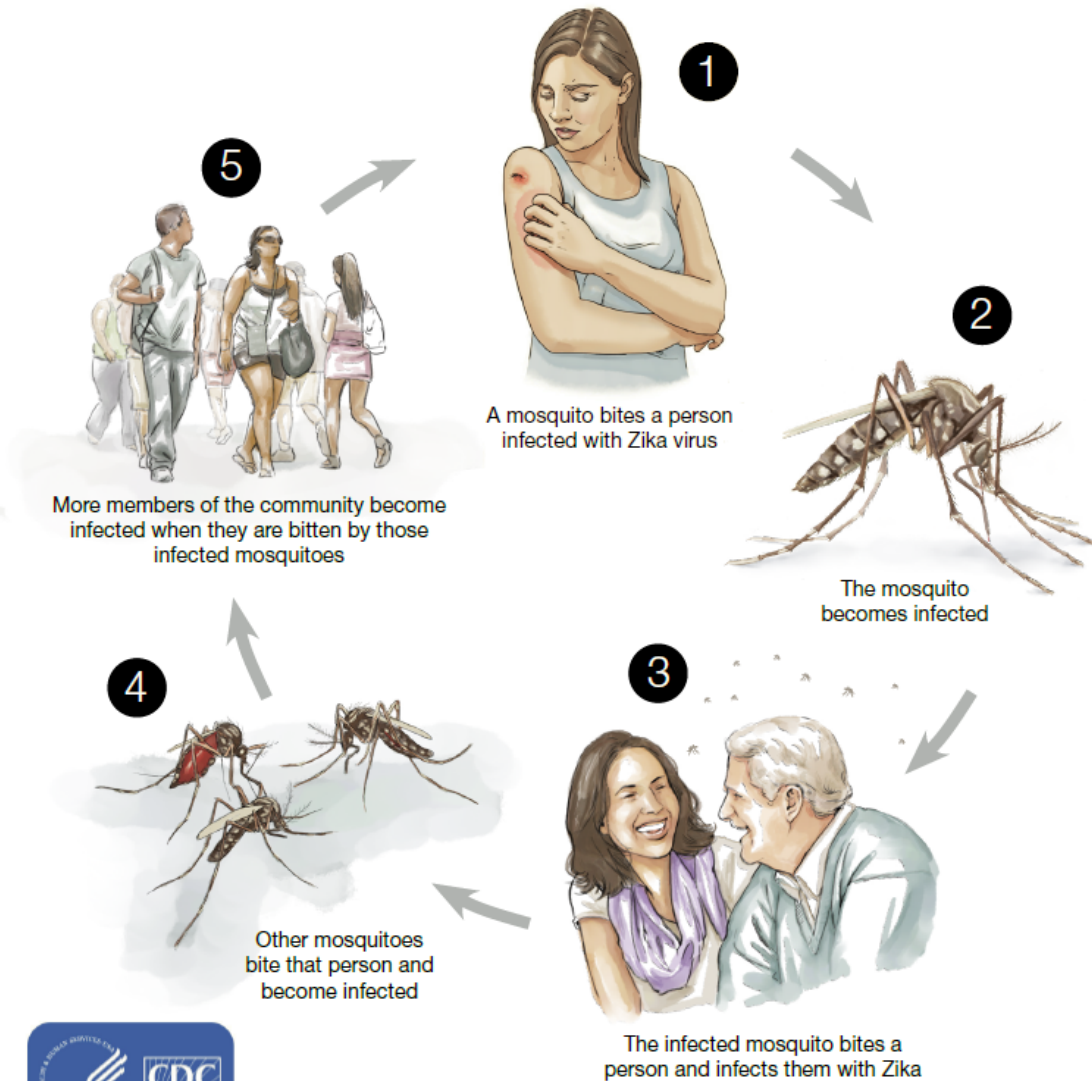
For more information - <https://www.cdc.gov/travel/page/zika-travel-information>

# PROTECT YOUR FAMILY AND COMMUNITY

## HOW ZIKA SPREADS

Accessible Version: <https://www.cdc.gov/zika/transmission/index.html>

### Most people get Zika from a mosquito bite



### Other ways people get Zika

#### During pregnancy

A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika infection during pregnancy can cause serious birth defects and is associated with other pregnancy problems.



#### Through sex

Zika virus can be passed through sex from a person who has Zika to his or her sex partners.



#### Through blood transfusion

Zika virus may be spread through blood transfusion.



# ZIKA: TRANSMISSION

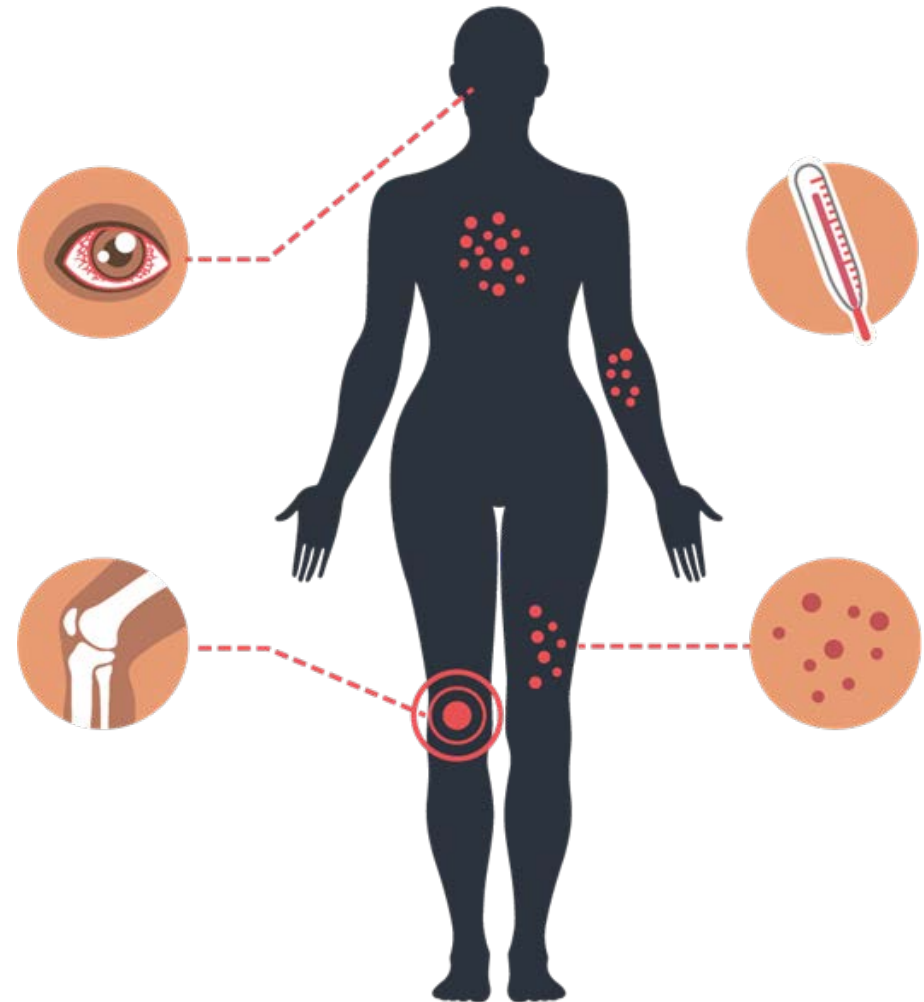
- Zika virus is *primarily* spread by *Aedes aegypti* mosquitoes. It can also be spread by *Ae. albopictus* mosquitoes.
- Sex with an infected person
- From a pregnant woman to her fetus
- Probable: blood transfusion
- NOT spread through: touching, coughing, sneezing, and breastfeeding





# ZIKA: SYMPTOMS

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)
- Muscle pain
- Headache



# ZIKA: DIAGNOSIS

- Not everyone is eligible to get tested
- A healthcare provider will ask about recent travel and symptoms
- Confirmed by a blood test or urine test
- Requirements can vary for pregnant women (vs. general public) and by location



# ZIKA: TREATMENT

- Treating the symptoms
  - Rest
  - Drink liquids to avoid dehydration
  - Take acetaminophen (Tylenol®) to reduce the fever and pain
  - Do not take aspirin or other non-steroids, or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding
- There is no specific medicine or vaccine against Zika virus



# ZIKA: POSSIBLE EFFECTS ON PREGNANCY

- Microcephaly
- Miscarriage
- Stillbirth
- Other severe brain or growth defects



Baby with Typical Head Size



Baby with Microcephaly

# SECTION II: MIGRANT RISK FACTORS

# REASONS WHY MIGRANT WORKERS MAY BE AT RISK

- Environmental exposure
  - Workplace exposure
  - Living space exposure
- Sexual transmission
  - Having sex with people that live in areas with high numbers of people exposed to Zika
- Barriers to access preventive resources
- Lack of access to medical care
- Higher likelihood of travel to countries of origin which could be Zika-affected

# **SECTION III: PROTECTIVE STRATEGIES**

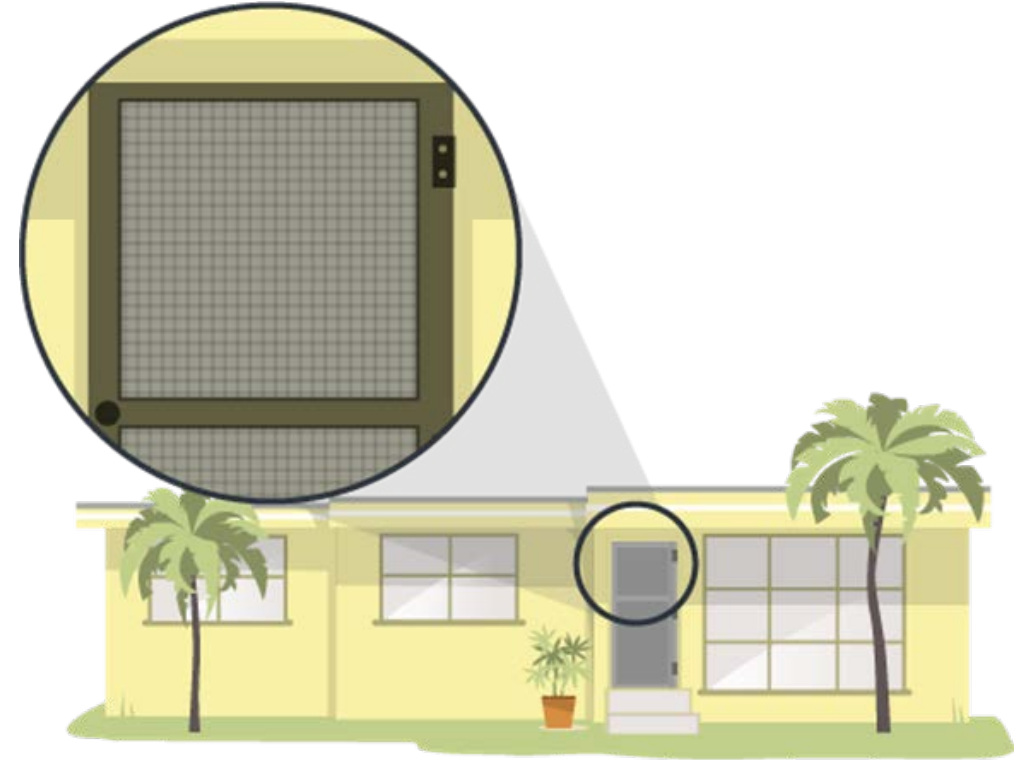
# ZIKA PREVENTION

- Prevent transmission from mosquitoes
- Prevent sexual transmission
- Protect your family and partner
- Prevent Zika infection during pregnancy
- Do your homework before and during travel



# TAKE STEPS TO CONTROL MOSQUITOES

- Repair window and door screens.
- Repair gaps or cracks in septic tanks.
- Use air conditioning (if available).



# TAKE STEPS TO CONTROL MOSQUITOES

- Once a week, clean, scrub, cover, turn over, or throw out items that hold water.
- Use an indoor insect fogger or indoor insect spray.
  - When using insecticides, always follow label directions.



# CREATE BARRIERS

- Wear long-sleeved shirts and long pants.



# WEAR INSECT REPELLENT

- Treat clothing and gear with permethrin.
- Use Environmental Protection Agency (EPA)-registered insect repellents
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus or para-methane-diol
  - 2-undecanone



# PROTECT YOUR FAMILY

- For babies and children
  - Do not apply onto hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray onto your hands and then apply to a child's face
  - Remember: Do not use insect repellent on babies younger than 2 months old.
  - Always follow label instructions.



# PROTECT YOUR FAMILY

- For babies and children
  - Dress your child in clothing that covers arms and legs.
  - Do not use insect repellents on babies younger than 2 months old.
  - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



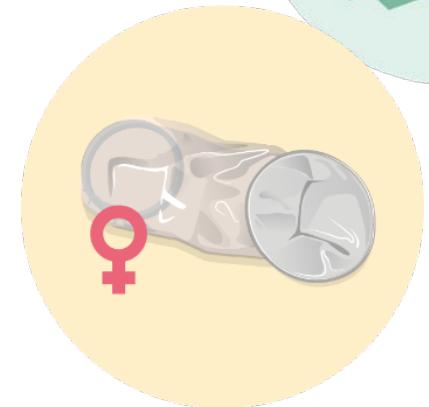
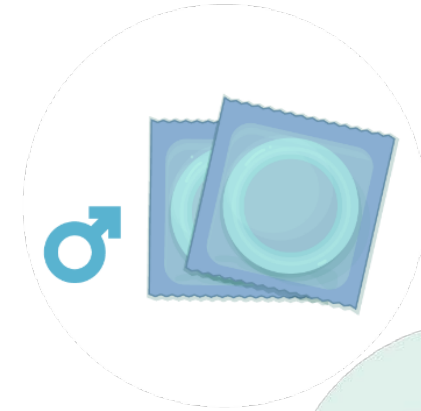
# PROTECT YOUR FAMILY

- For babies and children
  - Cover crib, stroller, and baby carrier with mosquito netting.



# PROTECT YOURSELF AND YOUR PARTNER

- Not having sex eliminates the risk of getting Zika from sex.
- Condoms can reduce the chance of getting Zika from sex if used from start to finish, every time you have vaginal, anal, or oral sex.
  - Condoms include male and female condoms.





# PROTECT YOURSELF AND YOUR PARTNER

- Zika can be passed through sex from a person who has Zika to his or her sex partners.
  - Sex includes vaginal, anal, and oral sex and the sharing of sex toys.
- Zika can be passed through sex before symptoms start, during symptoms, and after symptoms end.
  - It can be passed even if the infected person does not have symptoms.
- Zika virus can remain in semen longer than in other body fluids, including vaginal fluids, urine, and blood.



# PROTECT YOURSELF AND YOUR PARTNER

- We do not know
  - If sexually transmitted Zika virus poses a different risk of birth defects than Zika spread through mosquito bites
- CDC and other public health partners continue to study Zika virus and how it is spread.



# PROTECT YOURSELF AND YOUR PARTNER

- Pregnant couples in which one or both partners have traveled to or live in an area with Zika should use a condom correctly, from start to finish, every time they have sex or should not have sex during the pregnancy.
- Not sharing sex toys can also reduce the risk of spreading Zika to sex partners.



# PROTECT YOURSELF AND YOUR PARTNER

- People without a pregnant partner who recently traveled to or lived in an area with risk of Zika
  - Take steps to [prevent mosquito bites](#).
  - If the female partner traveled to/lived in this area, wait at least **8 weeks** after the last possible exposure or after symptoms start (if she developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.
  - If the male partner traveled to/lived in this area, wait at least **6 months** after the last possible exposure or after symptoms start (if he developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.



# PREVENT TRANSMISSION DURING PREGNANCY

- If you or your partner are pregnant, do not travel to areas with risk of Zika.
- If you are trying to get pregnant, consider avoiding nonessential travel to areas with risk of Zika.
- If you must travel, talk to your doctor or other healthcare provider before your trip.



# DO YOUR HOMEWORK BEFORE TRAVELING

- When traveling:
  - Stay in places with air conditioning and with window and door screens.
  - Use a bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



# DO YOUR HOMEWORK BEFORE TRAVELING

- If you choose to travel:
  - Strictly follow steps to prevent mosquito bites to protect yourself and your family.
  - Even if you do not feel sick, travelers from an area with risk of Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitoes.
  - Use condoms or do not have sex while traveling to areas with risk of Zika.



# DO YOUR HOMEWORK BEFORE TRAVELING

- See the latest travel notices at:

[wwwnc.cdc.gov/travel/page/zika-travel-information](http://wwwnc.cdc.gov/travel/page/zika-travel-information)





**Zika is important for migrant farmworkers  
in the United States.**

# Zika is important for Latin Americans living in the United States.

- Frequent trips to affected areas in Latin America with risk of local transmission
- Distinct behaviors and ideas about health
- Migrant workers, in general, may have poorer access to high quality health services (Carballo & Nerurkar) They may, for example:
  - Not know when and where to seek health services
  - Experience language barriers that influence whether they seek help and the quality of care received
  - Have less access to insurance coverage

# **DISCUSSION: TRAINING IN DIVERSE SETTINGS**

# DIALOGUE 1

- What observations or concerns do you have about the information covered?
- What terms or concepts might be confusing for migrant workers?
- How should these terms be addressed to ensure that the migrant audience understands?

## DIALOGUE 2

- What strategies should a CHW or promotore plan on using to address the challenges from Dialogue 1?
  - to teach your target audience how to protect themselves from Zika?
  - to teach your target audience how to get a diagnosis if they are concerned they may be infected?

**BREAK: 15 MINUTES**

# PRACTICE SESSIONS

# PRACTICE SESSION 1: BASIC COMMUNICATION

- Description
- Symptoms
- Related Risk: Microcephaly



# PRACTICE SESSION II: ASSISTING THE WORRIED WELL

- Discussing prevention options
  - Mosquito bite
  - Sexual transmission
- Discussing accessing diagnostic services
- Discussing pregnancy concerns

# Resources for educating migrants and seasonal farmworkers - Examples

- Zika
  - <http://www.cdc.gov/zika/index.html>
  - [http://www.cdc.gov/zika/pdfs/zika\\_protect\\_yourself\\_from\\_mosquito\\_bites.pdf](http://www.cdc.gov/zika/pdfs/zika_protect_yourself_from_mosquito_bites.pdf)
  - <http://www.cdc.gov/zika/pdfs/zika-what-we-know-infographic.pdf>
- Migrant health
  - <https://www.farmworkerjustice.org/sites/default/files/FHN%20Key%20Resources%20for%20MHCs.pdf>
- Training
  - <http://thetrainingworld.com/>
  - <http://www.trainingcoursematerial.com/free-training-resources>
  - [http://www.plainlanguage.gov/resources/for\\_trainers/](http://www.plainlanguage.gov/resources/for_trainers/)

# DISCUSSION

# KEY ACTIONS FOR CHWs & PROMOTORES

- Visit the CDC Migrant Health page  
<http://wwwnc.cdc.gov/travel/yellowbook/2016/appendices/appendix-c-migrant-health-resources>
  - Download CHW educational materials
  - Link to additional training resources
  - Ask questions of CDC and your peers
- Plan training events with other trainers and educational sessions with migrants in your area

**POST-TEST**

For more information, contact CDC  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

