

THE PROSPECTOR



Vol. 5 No. 16

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

Aug. 25 2016

Change of Command for MDMC

Ins and outs of Rail Operations

SECNAV safety award



SUGAR LOAF HILL SOCIAL



Aug 2016 Schedule

Right Hand Man Night
Fri, Aug 12 | 4pm-10pm

Burn Your Own Steak Night
Thu, Aug 25 | 4pm-10pm

\$13.95/person
Includes 8oz Ribeye Steak, Salad, Corn on the Cob,
Baked potato with butter, sour cream and cheese.

DJ Music until 10pm

Social Hours 4pm-10pm
Happy Hour Specials 4pm-6pm
•Steak Special 4pm-7pm

Sugar Loaf Hill Bar
Bldg 38

 **mccsBarstow.com**

On The Cover:

Front Cover: Keith Hayes

Rail Operations Class 1608 from Fort Riley, Kan., gather on a U.S. Army locomotive at the rail yard aboard Marine Corps Logistics Base Barstow prior to a class picture. The Rail Ops class is the only one in the Department of Defense designed to teach military personnel how to load, unload and properly secure military equipment to railcars prior to shipping.

Back Cover: Carlos Guerra

Colonel Eric S. Livingston, incoming commander of Marine Depot Maintenance Command, stands at attention during the playing of the Marine Corps Hymn as part of a transition of authority ceremony, held in front of Production Plant Barstow aboard Marine Corps Logistics Base Barstow, Calif., Aug. 18.



Marine Corps Logistics Base Barstow, California
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Sgt. Maj. Sergio Martinezruiz, base sergeant major

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On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

http://www.twitter.com/#!/MCLB_Barstow



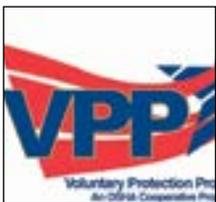


Photo by: Keith Hayes

(Left) Ruby Adams, Region 9 Voluntary Protection Program Special Government Employee of the Year, MCLB Barstow; and David Romero, lead safety technician, MCLBB, display the 2015 Secretary of the Navy Safety Excellence Award for Ashore Safety flag. The SECNAV award is presented to only one Navy or Marine Corps installation that exhibits an outstanding degree of safety awareness in the field of employee protection.

Got news? Call us! (760) 577-6430

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Leave Share Program

Individuals currently affected by medical emergencies and in need of leave donations:

Jacqueline Griffin

Nicole Arguellas

Stephen Martin

Yvette Costilla

Paul Aguilar

Donald Dailey

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 577-6915.

Play Morning Desert Housing Community Center Friday Aug. 26 9 a.m.

Come join in the fun! All active duty service members and their dependents with children are invited to come enjoy singing, stories, crafts and play-time. Make new friends and learn something new each week. For more information contact New Parent Support at 577-6533.

NMCRS is Seeking Volunteers

Navy Marine Corps Relief Society Barstow is seeking volunteers for the following: Chairman of Volunteers to manage volunteer operations; Director and Thrift Store Contributors/Volunteers. The COV position is highly regarded within the society and will contribute greatly towards job training and experience. If you have a passion for retail, the NMCRS Thrift Store is for you! We are seeking people with energy, passion and creativity to help sort, display and market various donations. NMCRS offers mileage and childcare reimbursement. Interested candidates, email retna.4shaw@nmcrs.org.

Baby Boot Camp Desert Housing Community Center

**Weds. Sept. 21
9 a.m. - 11 a.m.**

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for fun and entertainment. Children are welcome! For more information call 577-6533.

Self Defense Class Weds. Sept. 14 6 - 8 p.m.

Semper Fit Gym

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. Registration is recommended at selfdefenseseptember2016.eventbrite.com. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-education/.

Burn Your Own Steak Night Sugar Loaf Bar James L. Day Conf. Center Thurs. Aug. 25 4 - 10 p.m.

Come to Burn Your Own Steak Night! The \$13.50 per person fee includes 8 oz., ribeye steak, salad, corn on the cob and baked potato. The grill is open from 4-7 pm. Happy hour drink specials from 4-6pm plus DJ music. Call 577-6264 for more information.

Screens and Strikes Family Movie Night Desert Lanes Bowling Center Fri. Sept. 9, 5 p.m. - 7 p.m.

Bowling and a movie! What a bargain! We will be watching the movie "Zootopia." For more information call 577-6264 or visit www.mccsbarstow.com/bowling/.

Oasis Pool Summer Hours Tues. - Sun.

The Oasis Pool and Water Park is now open full-time Tuesday through Friday LAP SWIM 11 a.m. to 1 p.m. and OPEN SWIM 1 p.m. - 7 p.m. Saturday and Sunday 11 a.m. - 7 p.m. OPEN SWIM. For more information call 577-6898 or visit www.mccsbarstow.com/pool/.

DONCEAP Free Benefits Available 24/7

Employees today face challenges juggling work and family. It is not uncommon to become overwhelmed or stressed by relationships, school, health, finances, work, family or other issues which could impact your quality of life. The Department of Navy values its civilian employees and their families. The Department of Navy Civilian Employee Assistance Program provides a comprehensive support package to include work and life benefits such as childcare, finances, eldercare, identity theft and legal services, substance abuse treatment and more, at no charge. These services are confidential, within the limits of the law. Call or visit us online, 24 hours a day, 7 days a week, 365 days a year. Help is available whenever you need it at 1-844-DONCEAP/1-844-366-2327, TY: 1-888-262-7848/International: 1-866-829-0270 or via the internet at www.DONCEAP.foh.hhs.gov. For more information contact HRO at 577-6915.

Install a timer for your water heater that will turn it off when you are not home.

Reduce your water temperature setting from 140 degrees to 120 degrees- it will save you money while keeping water hot enough for showers and cleaning dishes.

VPP Corner: Job Hazard Analysis form

Submitted by: **Danielle Heinze**
VPP Steering Committee Co-Chairperson

Safety awareness in your work area will minimize or eliminate any accidents or injuries by creating specific work area job functions through building a Job Hazard Analysis for your worksite. A Job Hazard Analysis identifies work-related hazards that are prevalent in your daily assignments. The purpose of these control measures is to help eliminate or minimize the risk factors associated with each task.

A JHA is a technique that focuses on job tasks as a way to identify hazards before they occur. It is the process of taking a close look at each job in your office to identify and correct the hazards or potential accidents in each step of your job's duties. It is based on the idea that safety is an integral part of every job, not a separate entity. Ideally, all jobs should be subjected to a JHA. A JHA is a good training tool to get everyone involved with safety at your workplace. It should be reviewed on

an annual basis to ensure that safety is everyone's number one priority. A JHA can be a valuable tool that involves new employees, reevaluate workstations, equipment, materials, storage, and future planning. Remember, office hazards consist of slips, trips, falls, pricked fingers, paper-cuts, and leaving drawers and cabinet doors open. Also, each electrical area should be free of frayed cords, no circuit overload, no extension cords, and be careful of spills in the kitchen area.

Some benefits of a JHA are eliminating accident-causing hazards, improved job methods, increased job efficiency, enhanced job quality, decreased accident costs, and reports of safety are kept at a high standard within the workplace.

Use the JHA once it is complete, don't just file it away. Review and update it periodically, perhaps each year. For additional information or assistance in preparing a Job Hazard Analysis for the various functions within your office, contact your department Collateral Duty Safety Officer or the Base Safety Office at 577-6001 or 577-6266. 

Marine Corps Logistics Base – Barstow – Job Hazard Analysis			
		Date: <u>06 NOV 2013</u>	
			
Location: MCLB, BARSTOW	Work Center Base	Specific Task Analyzed: Base Clean up	
Title of Employee Performing Task All Employees	Required &/or Recommended Personal protective Equipment to Perform the Task: GLOVES, SAFETY GLASSES, AND CLOSED END SHOES		
Completed By: Anthony Salas Fall Base Wide Clean Up Coordinator	Reviewed By: Charlie Keegan Base Safety	Concurrence (X) Non-Concurrence	No. Of Employees Involved:
Sequence of Basic Task Steps	Potential Hazard or Accident	Recommended Action to Prevent Accident or Eliminate Hazard	
Removing Litter.	Back Strain.	Bend at the knees when bending and keep back straight.	
	Slips, Trips, and Falls.	Be cautious for uneven surfaces, holes and obstacles. Wear proper shoes for the environment you are working in.	
	Cuts, Severe Lacerations.	Use leather gloves when picking up sharp objects, handle sharp objects carefully. Use a broom and shovel to pick up broken glass.	
	Heat Injury and Sunburn.	Protect yourself by wearing proper clothing, sun block, and keep from dehydrating prior or during event. Follow heat flag conditions.	
	Splashed/Sprayed with liquids and aerosols (Hazardous Materials).	Wear safety glasses when picking up or moving items with liquids or aerosols. Contact environmental for hazardous products.	
	Exposure to disease. (Needles, Tampons, Condoms, and dead Animals).	Wear gloves and use shovel to collect. (needles dispose in sharps containers, dead animals contact pest control)	
	Insect/Animal bites. Rash from plants	Consider wearing long sleeve shirts, pants, and be cautious when moving items. Contact pest control for live insects and animals. Don't touch unknown plants.	
Organizing work areas and disposing of debris.	Back strain/over exertion from lifting heavy objects and awkward objects	Know your lifting capacity and get help as needed to load trash bags and misc. into vehicles or dumpsters, lift using leg muscles and keep back straight keeping the load close to your body. Use mechanical assistance as needed.	

An example of a Job Hazard Analysis form completed prior to a basewide cleanup aboard Marine Corps Logistics Base Barstow. It lists the basic tasks, possible hazards associated

with those tasks, and recommendations to prevent or eliminate hazards, including employee vigilance and Proper Protective Equipment, PPE.

The ins and outs of Rail Operations training

Story and photos by: Keith Hayes
Public Affairs Specialist



From the railcar to the ground, an M2A3 Bradley Fighting Vehicle is maneuvered by a U.S. Army safety "red hat" off the hardened cement ramp leading from the railcar it was tethered to on its trip from Fort Carson, Col., for training at Fort Irwin.



A huge, self-propelled Shuttlelift crane swings its lift arm over to hook up inoperable vehicles parked next to the train.

The rail operations center aboard the Yermo Annex of Marine Corps Logistics Base Barstow is a beehive of activity these days as U.S. Army units moving to and from training at Fort Irwin, Calif., ship in and out by rail.

Chad Hildebrandt, Rail Operations supervisor aboard MCLB Barstow, conducts rail operations classes for military units from all over the Department of Defense.

"We teach military units how to load equipment onto rail cars, we teach them how to tie down vehicles, and we teach them how to inspect to make sure the load is properly secured on railcars," Hildebrandt said.

He said the current class he is teaching is from Fort Riley, Kan., and to finish with their learning experience they have to conduct the uploading of the railcars with hundreds of military vehicles used in training at 'the sandbox' at Fort Irwin.

"(The Fort Riley personnel) are so deep into the class

that they're taking over and running the railheads as part of their final evaluation," he said.

There are also civilian corporations such as Tapestry Solutions, which deal in logistics, training their employees at the rail ops class, Hildebrandt said.

"We're teaching them from the ground up how we actually do our operations and by them learning that hopefully they'll be able to develop a better way of getting the job done," he said. "They're going to use MCLB Barstow as the test bed for the entire DoD for a new automated tracking system for railcars and equipment on railcars."

Besides American military units, Hildebrandt said the class also instructs American allied military units in how to load, secure, transport and unload their various rail operations.

"We have a British unit coming in next month that



6 Soldiers from Fort Carson, Col., work to release military equipment to be used in training at Fort Irwin from its railcar at the Rail Ops Center aboard Marine Corps Logistics Base Barstow Aug. 19.



Each step of the way from railcar to railcar to offloading ramp, to the ground, rail safety "redhats" from Fort Carson, Col., safely direct equipment they shipped to the largest

g class at MCLB Barstow



The crane will hook up to a non-op Abrams M1A2 tank to lift it directly onto the railcar for the trip home to Fort Riley, Kan.



(Foreground) Military equipment used by units from Fort Riley Kan., wait to be loaded onto railcars for the trip back to their home unit while behind them a train carrying Fort Carson, Col., equipment moves to the offloading platforms at the Rail Ops yard.

we're going to train and teach how to do it," he explained. "That's the Royal Dragoons, the British marines. They're a Scottish light reconnaissance unit."

Army Second Lieutenant Matt Jacobson, a native of Blaine, Minn., is with the 152nd Movement Control Team from Fort Carson, Col., the unit currently unloading their railcars at the operations center to train at Fort Irwin.

He praised the upload to download aspect of the rail ops class.

"It's a lot of hands-on and a lot of manual labor," he said. "You have to load build (what order equipment is loaded onto railcars), all the way up to actually loading the railcars, tying everything down, and going through inspections before they can ship," he said.

For Jacobson and his soldiers, the process begins all over again when the Fort Carson group finishes their training rotation August 26 and has to upload all the

equipment for shipment back to their home unit.

Hildebrandt is justifiably proud of the class MCLBB rail ops created on their own.

"We started this class without any direction from anybody. We developed it in house between our rail ops people and the 171st Movement Control Company (the rail safety group) out of Fort Irwin. We have the only rail ops school in the entire Department of Defense," he said.

The rail ops class is a continuously changing, adapting entity that is critiqued and developed with every class, Hildebrandt explained.

"That's the great thing about it being a local school is we're able to teach real world current operations. As changes come down from the rail community we're able to adjust our curriculum so that we are teaching the most up to date, current techniques," Hildebrandt concluded. 🇺🇸



Department of Defense railhead in the world aboard MCLB Barstow, to be used at the largest desert warfare training center in the DoD at Fort Irwin., Calif.



A Soldier specializing in the safe loading and offloading of military equipment from railcars directs an M2A3 Bradley Fighting Vehicle to maneuver to his left to keep the tanklike vehicle's treads centered on the ramp. 7

MCLB Barstow's culture of safety wins

Story by: Keith Hayes
Public Affairs Specialist

Marine Corps Logistics Base Barstow has won the 2015 Secretary of the Navy Safety Excellence Award for Ashore Safety, cementing its reputation as one of the leading Department of Defense military installations in employee safety worldwide.

Dave Romero, lead safety specialist, MCLB Barstow safety office, said the base had won the SECNAV award seven times since 2007.

He credited the supervisors and employees with maintaining the positive attitude of safety aboard the base which led to the installation achieving the award.

"We have a safety culture here aboard the base with management, employees and our union that shows we are all striving to meet the same goal, which is to be safe," he said.

Romero also pointed out that he is one of seven people in the base safety office, including Ray Aguilar, safety manager, who continuously work to maintain that culture.

"Between all of us we ensure our programs and all of our

facilities are being maintained in a safe manner," he said.

"We push that guidance out to the supervisors of the various departments, and the supervisors are the ones who actually implement the programs by giving the departments and employees guidance and knowledge."

Romero said the base is no stranger to winning safety awards. This year alone MCLB

Safety Award. The safety office also played a major role in MCLB Barstow being awarded the 2016 Commander in Chief's Annual Award for Installation Excellence.

Despite the plethora of safety awards, Romero said they never take safety for granted.

"There is pride in this, it doesn't get to be 'old hat,'" Romero said. "The award recognizes all of the hard

work that we put in as an organization day in and day out, reviewing (standard operating procedures), reviewing programs, doing program assessments, going out and conducting inspections, and making on-the-spot corrections."

"All of that shows that we're committed, and we're striving to have a safe organization, and when you put all of those elements together, and you work hard, you achieve this award," he said.

Ray Aguilar, safety manager, MCLB Barstow, said Ruby Adams is a supply technician, who in her role as the Region 9 Voluntary Protection



Photo courtesy MCLB Base Safety

(Left) Ruby Adams, Region 9 Voluntary Protection Program Special Government Employee of the Year, MCLB Barstow; The Honorable Janine Davidson, Undersecretary of the Navy; Col. Sekou S. Karega, commanding officer, MCLB Barstow; Sgt.Maj. Sergio MartinezRuiz, base sergeant major, MCLB Barstow; and David Romero, lead safety technician, MCLB Barstow, accepted the 2015 Secretary of the Navy Safety Excellence Award for Ashore Safety presented to them at a ceremony in the Pentagon 1 Aug.

Barstow has been recognized for their safety programs by also winning the 2016 Marine Corps Warrior Preservation Award and the 2016 Navy League General James L. Jones

s SECNAV safety award

Program Special Government Employee of the Year, was personally invited by Col. Sekou S. Karega, base commander, to accompany him and Romero to District of Columbia to accept the award from the Honorable Janine Davidson, the Undersecretary of the Navy.

“It was an honor, it truly was,” Adams said. “With the colonel, the sergeant major and Dave Romero of the safety office, we definitely represent this organization well for the Safety and Health Program of both the Marines and the civilians aboard this installation.”

Adams stressed that everyone plays a crucial role in maintaining the safety culture of the base.

“The employee has the right to tell the coworker ‘You’re doing an unsafe act, don’t do it, stop operating that equipment unsafely,’” Adams said. “They will listen to their coworkers, they may not like it, but if they know it’s wrong they’ll take action to correct the unsafe act.”

Aguilar reinforced Adams’ statements and amplified them.

“We’ve had an employee spot a contractor working on the base,” he said, “and they came by the safety office and said ‘I’ve noticed there’s an individual doing a roofing job, and I think they’re required to have fall protection, but they don’t have any fall restraints. Can you look into it?’”

“We’ll approach that employee and have a discussion and strongly suggest they take appropriate safety precautions,” Aguilar said.

Romero said the base’s safety record is such that other organizations, both military, and private businesses, seek out the safety office’s advice.

“The base is a model for other places to follow,” he noted. “The SECNAV award, the Warrior Preservation Award and our being the first Marine Corps installation to achieve VPP Star Site status, all of those things put together is what makes us an organization to be emulated.”

Romero also credits the base’s intensive medical surveillance program with catching and correcting possible job site hazards before they get to the point of injuring an employee.

“Our industrial hygienist identifies the high-risk jobs,” he said. “An example of

those high- risk jobs are where employees are exposed to hearing loss, or where they’re exposed to whole body vibration, or heat stress, or where they’re exposed to bodily fluids.”

“We ensure that these people are being medically screened and tested on an annual basis to ensure that they’re not being exposed to any extreme conditions,” Romero said.

“We also do hazard assessments of all the jobs being conducted on base, and we make recommendations to the supervisors as to what type of personal protective equipment we recommend that they use,” he said.

“Because ultimately, it’s the supervisors who make the decisions as to what type of PPE the employees should use.”

Romero said as a result of the medical surveillance program and medical exams, the base has one of the highest compliance rates in the Marine Corps regarding safety standards and adherence to safety regulations.

“The employees are trained, and the medical staff reviews their records,” he said. “Through this review we’ve achieved a 96 percent compliance with the regulations.”

Adams noted the safety culture at MCLB has brought much visibility to the installation for go-to information on mentoring other organizations to achieve the same level of safety.

“They recognize we are a VPP Star site and have gone through the recertification process, so they tap into our organization for Best Practices and noteworthy items that makes us stand out,” she said. “Sharing is a key component of the VPP mentoring program as well. We share information to mentored sites, so they don’t have to reinvent the wheel, and we take back good information from other sites, as well.”

Aguilar said MCLBB comes up for VPP recertification in December; their second go around for maintaining the base as a VPP Star site since it became the first in the Marine Corps to achieve the recognition in 2008.

Aguilar said the reason it is crucial to maintaining a safe working environment when all is said and done, is saving lives and improving the quality of life aboard the base.

“If you don’t come home in one piece,” he said, “what’s the point of going to work in the first place?”  9

Taylor Bybee-Garcia: Cheer Gunney's daughter on to London

Story by: Laurie Pearson
Public Affairs Specialist

Taylor Bybee-Garcia, daughter of Gunnery Sgt. Daniel Garcia, Headquarters Battalion company gunnery sergeant, and his wife Jennifer has earned a once in a lifetime opportunity to join the United Spirit Association "Spirit Tour" which will be held in London this December.

"At camp, I was one of 300 cheerleaders, out of 30,000, chosen to be an 'All-American Cheerleader' which is one of the highest honors given by the United Spirit Association," Taylor said. "All-American Cheerleaders are given the opportunity to attend the Spirit Tour which will be held in London (this year and we will perform) at the London New Year's Eve Day Parade."

Taylor was also selected as one of the top cheer captains during the camp and was offered a position with USA by Varsity Spirit Brands.

"I was offered a job as an instructor for USA," Taylor said. "I would be paid for each camp and event," she explained. "They have events all over the world. It would be mostly a summer job after I graduate (from high school)."

Taylor, a 17-year-old senior at Silver Valley High School, and current captain of their cheerleading squad and a "flyer," has been cheering for about eight years. She has been on seven teams to include high school and competition teams. As a girl, she wasn't particularly drawn to cheerleading, but her aunt encouraged her and her sister to attend the Dallas Cowboy Cheerleaders' camp. Hesitant at first, it turned out that she loved the smiling, the loudness, and the jumping and stunt choreography.

"It was great finding something I enjoyed," she beamed.

She has competed in state and national cheerleading competitions and attended several cheerleading camps to include most recently, Camp USA Cheerleading Camp in Ontario, Calif. this summer. To prepare for camp, she amped up her regimen to ensure she would be competitive for their selection processes.

"I increased my stretching, exercising and practicing jumps," she said. She also increased her stunt rehearsals and then focused on fundraising. "I spread the word to locals about babysitting (house and pet sitting) in order to raise funds for camp."

She credits cheerleading with molding her personality into that bubbly girl that everyone knows.

"Being a cheerleader and captain has allowed me to express creativity by choreographing a new dance, to designing a new poster," she explained. Through her training and practices, she has developed leadership skills, responsibility and most of all confidence.

"One of the most valued skills I have is strength," Taylor explained. "Not muscle strength exactly, but the strength of my heart. Whether it's a good or bad day, or maybe a bad attitude (I've encountered in a person), I am able to smile through. I'm proud of that."

Through it all, her mother remains her inspiration.

"She believes in me, but reminds me to be the best I can be, not for her but for myself and to glorify God," Taylor said.

10 "She's always pushed me to overcome odds and never

doubt myself. I am proud to have her in my corner and to have her support."

Next on her agenda is the revered trip to London. In order for Taylor, her mother, and father to attend they will need to raise \$9,975. To assist with this, she has created a GoFundMe account under her name.

"I will be accompanied by my mother and father in order to ensure safe travels," she said, explaining that she and her mother had never traveled outside the country before. The trip includes international airfare, room and board while there, as well as several educational and historical tours of London.

For more information on what you can do to assist this Marine family in sending their daughter on this unique opportunity, contact the Garcia family by email at: Daniel.n.jennifer.garcia@gmail.com or Mrs.jennifergarcia@yahoo.com. 🍀



Photo by: Carlos Guerra

Taylor Bybee-Garcia, cheer captain at Silver Valley High School, smiles for a portrait after earning All-American Cheerleader at Camp USA.



Photo by: Carlos Guerra

Jennifer Garcia, Taylor Bybee-Garcia, and Gunnery Sgt. Daniel Garcia pose for a family portrait as they prepare to raise funds for their trip to London later this year with the United Spirit Association.

ZIKA: THE BASICS OF THE VIRUS AND HOW TO PROTECT AGAINST IT



About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). Zika can also be passed through sex from a person who has Zika to his or her sex partners and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.

How Zika Spreads

Protect yourself and your family from mosquito bites all day and night, whether you are inside or outside. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.



Zika virus can also spread:

- During sex with a person who has Zika to his or her sex partners.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).



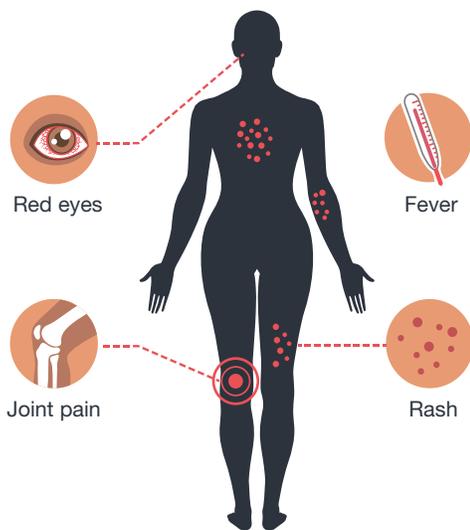
Current Zika Outbreak

Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world, including parts of the United States.

[Specific areas where Zika virus is spreading](#) are often difficult to determine and are likely to change over time. If traveling, please visit the [CDC Travelers' Health website](#) for the most recent travel information.

Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.



www.cdc.gov/zika



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

