



ANSA Motors Mega Showroom



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ANSA Motors Mega Facility – One of a Kind

On February 1st 2016, ANSA Motors opened the doors to its sprawling, multi-product showroom. The facility is located on the corner of Chan Ramlal Street and the north-bound lane of the Uriah Butler Highway, sitting on five acres of land with 50,000 square feet of space allocated for the showroom. Following the opening, ANSA Motors held an Open House week offering huge discounts on the world's best brands and on the spot financing with ANSA Merchant Bank.

ANSA Motors officially launched the facility with a swanky affair on February 27th, 2016. Specially invited guests included, Minister of Works and Transport, The Honourable, Fitzgerald Hinds; His Worship Alderman Gopaul Boodhan, Mayor of Chaguana; Mr Richie Sookhai, Chaguana Chamber President and Mr Ganga Singh, Chaguana West MP.

The new facility is a combination of both form and functionality. It is designed to cater to every imaginable need a potential car buyer could conceptualize. Strategically located across the showroom are luxury brands such as BMW, Land Rover and Jaguar, while brands such as Ford, Mitsubishi and Honda are also well presented. The facility also houses an industrial and agricultural division (Burmec), a retail outlet for spare parts, a state-of-the-art service department and an ultra-modern balancing and alignment centre.

Mr. Neil Mohammed, General Manager of ANSA Motors in his opening remarks shared the company's intention to create a "WOW Effect" for its customers and emphasized that customer service is its number one priority. Mr. Mohammed stated, "We have set up Tatil and ANSA Merchant Bank offices at our facility. When customers visit the facility we can offer the "In One" package which is a brand of its own within the ANSA McAL Group. The "In One" package offers product financing, insurance and free maintenance."

Mr. Richie Sookhai, Chaguana Chamber President commended the vision of the ANSA McAL Group for its significant investment in the borough of Chaguana. "That vision and commitment to grow with Chaguana has always been reflected by the ANSA McAL Group of Companies in Central Trinidad over the years. Establishments such as the Abel factory in Longdenville, the Penta Colour Shop, AMCO, the relocation of Guardian Media Ltd amongst others," Mr. Sookhai stated.

The Honourable, Fitzgerald Hinds, Minister of Works and Transport in his feature address stated, "Today's launch signifies the Group's determination to do its part in the usual businesslike fashion to contribute to the national agenda for advancement. We must do this together." Mr. Hinds congratulated the ANSA McAL Group on its 135th anniversary and saluted the major role the Group has played in this country's economic and social development.



McEneaney Quality Inc. (Barbados) launches the Mazda BT - 50

An Alternative Premium Brand



Mr. Nicholas Kaiser, Sales Executive for Mazda and Ms. Margaret Hoyte, Sales & Marketing Manager hand over the first BT50 to Mr. Gordon Barrow



Mr. Inoue Kota and Mr. Yoshiaki Kawahara, Regional Representatives of the Sumitomo Corporation of Japan

On February 16th 2016, Mr. Inoue Kota, Regional Representative of Sumitomo Corporation of Japan and manufacturer of Mazda, paid a visit to Mc Eneaney Quality Inc (MQI) showroom, Barbados. Mr. Nicholas Mouttet, President and Chief Executive, ANSA McAL (Barbados) and Mr. Jerome Borde, Sector Head – Automotive held extensive discussions with Mr. Kota on MQI’s plans, targets and goals for the Mazda brand for the upcoming year.

MQI officially launched the Mazda BT-50 pickup at the company’s Wildey showroom, Barbados on February 20th 2016. Ms. Margaret Hoyte, Sales and Marketing Manager of MQI said she was pleased with the performance of the Mazda brand, adding that the company would be rolling out a new model later this year.

“We introduced the Mazda BT-50, the Mazda 3, Mazda 2, and we will soon introduce the Mazda CX3 and CX5. Sales for the Mazda 3 have been taking over the 1600cc segment. We have seen sales grow tremendously for that. The BT-50 has grown to about 37 per cent of the market share of the pickup segment. We anticipate that with the new technology in these cars, the energy and the support that we are receiving from Mazda will accelerate the growth of this brand.”

Representatives of the Japanese vehicle Mr. Kota and Mr. Yoshiaki Kawahara, in discussions held, said that the

global demand for the brand was increasing and the Caribbean remained “an important market”.

The new Mazda BT-50 is described as “an alternative premium brand,” and was introduced in approximately 15 countries in the region where pickups had favourable sales.

MQI encouraged customers to experience the Mazda BT-50 satisfying feel of quality, its rugged masculine style and a genuine go-anywhere, do anything pickup. At the front, the redesigned headlamps and a solid rigid grille with deep mouldings combined with 17 inch aluminium wheels with machined surfaces and gunmetal paintwork perfectly complements the Mazda BT-50 masculine styling. “Zoom Zoom” performance is a Mazda trademark and the BT-50 delivers in full measure. It starts with an engine line-up consisting of 3.2Litre and 2.2 Litre diesel engines. The mainstay MZ-CD 3.2 diesel is Mazda’s first 5-cylinder engine. Offering large displacement in a compact unit that achieves top-level power and torque together with excellent fuel efficiency.

The vehicle is very versatile and has gained popularity among Barbadians as their vehicle of choice for the rugged terrain and off-road driving which is common these days.

Zoom Zoom!

ANSA McAL (BARBADOS)- The Company of Choice for UWI Students



Mr. Nicholas Mouttet, Chief Executive Officer and President of the ANSA McAL Barbados (left) welcomes an intern to the ANSA McAL Barbados booth at the Career Fair

The University of the West Indies Cave Hill Campus hosted its annual Career Fair on March 3rd, 2016.

The Career Fair allows students to apply for an internship as well as interact with potential employers and learn of possible job opportunities within a company.

The ANSA McAL Group of Companies was chosen as the company of choice by the majority of UWI students to pursue their annual summer internship programme. This was the second year ANSA McAL (Barbados) participated in UWI Office Student Services, Career Fair. Last year, seventeen interns got an experience of a life time to be a part of the ANSA McAL Barbados internship programme.

“The Group was able to offer permanent positions to three students from last year’s internship programme,” said Mr. Nicholas Mouttet, Chief Executive Officer and President of ANSA McAL Barbados. He described the quality of the interns who were employed as “Amazing.”

Thousands of students expressed their interest to participate in the ANSA McAL Internship Programme due to the diversity of Group and the selection of vacancies offered.

Ms. Monique Hassell, Group Organisational Development Manager, stated, “This event has become a huge part of our strategy to focus on succession planning as it relates to hiring and retaining the best talent for the Group. Our aim is to enrol students each year, in various departments such as Human Resources, Marketing, Finance, Sales and IT for either a six or 12 week programme between June and August. They are assigned in their various fields across our Group of Companies, giving them real life exposure while building valuable professional skills.”

The ANSA McAL (Barbados) booth offered sampling of products from Bryden Stokes and a fun “selfie” station where students got a chance to win hampers courtesy Brydens Xpress.



ANSA McAL CHAMPION, Shannon Steele Speaks...

"The philosophy of hard - work and determination resonates deeply within me."



My name is Shannon Steele, a recent graduate of the University of the West Indies. I studied Mechanical Engineering with a minor in Bio Systems and I loved it. Beyond the academics, I am an avid reader with thrillers and crime novels being my favourite.

I have always been passionate about working in a food or beverage manufacturing company which would complement my background in Mechanical Engineering and Bio Systems. Carib Brewery Limited was one of the companies on my list in which I had intended to apply.

It was at the UWI World of Work program, I initially heard about the Champions program. My journey in becoming a part of the Champions Development Programme was no easy task. It was a nerve-wrecking experience having to participate in multiple recruitment stages. Looking back now, the assessments brought me out of my shy, ultra-intimidated shell. It made me aware of how little there is to be afraid of. Having the opportunity to meet Executives from all Sectors at the social - mixer helped me overcome such fear and I'm very happy that I was successful.

Luckily for me, I have been assigned to Caribbean Development Company (Carib). The first couple months was spent in the Marketing department followed by a two month stint in the Sales and Distribution department, then a month in the Draft and Chiller department. My experience thus far, has been very insightful and have added to my holistic understanding of the company's operation.

Marketing is a very dynamic and energetic environment, the employees are full of life and are always ready to have a good time. This area piqued my interest as I was exposed to the stages of a product from conceptualisation. Defining targets and the final stages of identifying the best route to market for products. I saw that each brand has a different identity, culture and message which is reflected in different marketing strategies.

Sales and Distribution was insightful as my stint in this department involved trade visits almost every day for two months. Visiting the outlets where our products are sold and consumed was very important. It showed the integral role of marketing strategies and sales initiatives and its influence on the Brewery, customers and finally the consumers.

For the next six months, I will be in the Logistics department. I hope to remain within the Group when the programme concludes. I believe I will have a wide variety of experiences to draw on which will serve me in good stead.

The philosophy of hard - work and determination resonates deeply with in me. I strongly believe that with this mind set positive rewards and great experiences will be imminent.



Standard Distributors Ltd

Putting Family First

On Sunday 21st February 2016, it was a fun filled, action-packed day as Standard Distributors hosted its Sports & Family Day at Lange Park Recreational Grounds, Chaguanas.

There were activities for everyone such as horseback riding, a friendly game of football between Tobago's Warehouse and Trinidad's Warehouse, bouncy castles, face painting and so much more. Spectators were astounded as the women of Standard's proved who is boss, as they defeated the men in the popular game of Tug of War. Family and friends enjoyed a live performance from soca artist, 5 star Akil who had the Standard's Family jumping throughout his performance.

Mr. Adam Sabga, General Manager of Standard thanked everyone for making Standard's Sports and Family Day possible and urged his Standards Family to "Put Family First".





Standard Distributors Team – Workout Champions



Employees of Standard Distributors Limited participated in Hott 93 annual Carnival Aerobics Burnout. The Carnival Burn ran every Tuesday and Thursday at Movietowne's Car Park, Port of Spain and Trincity Mall's Car Park, Trincity.

Over a three week period, Standard employees displayed their commitment and dedication at every session. Enduring it to the end the Standard group copped the Corporate Prize.

Congratulations to Standard's Aerobic Champions!





CARIB Breakout Artiste 2016

February 5th, 2016 was a fantastic Friday for CARIB Breakout Artiste (CBA) 2016, Ms. Jardine Legere also known as “Jadel”. Jadel outshined Salty for the coveted prize at the International Soca Monarch (ISM) competition held at the National Stadium.

At the prize presentation function held at ANSA McAL Hospitality Suite at the Queen Park Oval. Jadel received a brand new Honda City Sedan courtesy ANSA Automotive and TT\$100,000 dollars. Jadel was the third recipient of the annual award and first female. Hollice “Mr. Killea” Mapp won the inaugural prize in 2014 and Nesta “Sekon Sta” Boxill in 2015.

Jadel said, “It is an honour and a blessing to be the CBA 2016.” She thanked God and everyone who involved, namely the sponsors, her manager “Big” Mike Antoine and all the fans who voted for her. “Thank you for giving me the opportunity to shine and pave the way forward,” she added.

Mr. Antron Forte, Marketing Manager, Carib Brewery in his address stated, “In an ever changing social climate, where critical attention is needed for the development of our nation’s youth, we at Carib Beer are happy to be part of the alignment between culture and the advancement of this segment.” He pledged his company’s continued commitment to Caribbean Prestige Foundation (CPF) to further develop the product for years to come.

Mr. Peter Scoon, Chairman, CPF which produces the ISM stated that when they came up with the competition three years ago, the aim was to develop younger soca artistes, since the winners of the Soca Monarch competition to date can be counted on one hand. It must be noted, though, that there are 11 winners to date. He congratulated Jadel and runner up Salty (Dillon Charles), stating that the major supporters of the competition were those who are on social media.

Mr. David Tardier, Marketing Manager, ANSA Automotive - (Honda) welcomed the partnership between Carib, CPF and other sponsors, including Slam 100.5 radio, and stated that his company needed to align itself with the culture in Trinidad and Tobago through young artistes. Mr. Forte was especially pleased to present the winner’s trophy to Jadel on March 8th, 2016 which is recognized as International Women’s Day.



Heineken's 2016 UEFA Champions Campaign



Chema Mark, centre, first winner of the trip to the UEFA Champions League Semi-finals surrounded by the smiling Heineken beauties



Chema Mark during the game saves a goal

The Heineken's 2016 UEFA Champions Campaign kicked off at the Digicel Imax Theatre, Woodbrook.

Mr. Chema Mark of TSTT emerged as the first of eleven football fans who will accompany officials of Heineken, to witness the UEFA Champions League Semi-finals in May. Mr. Mark won the trip when he competed against eight finalist at the event.

At the launch, football fans had the opportunity to view a live showing of the match featuring Paris Saint – Germain F.C vs Chelsea. PSG won with a score of 2 -1.

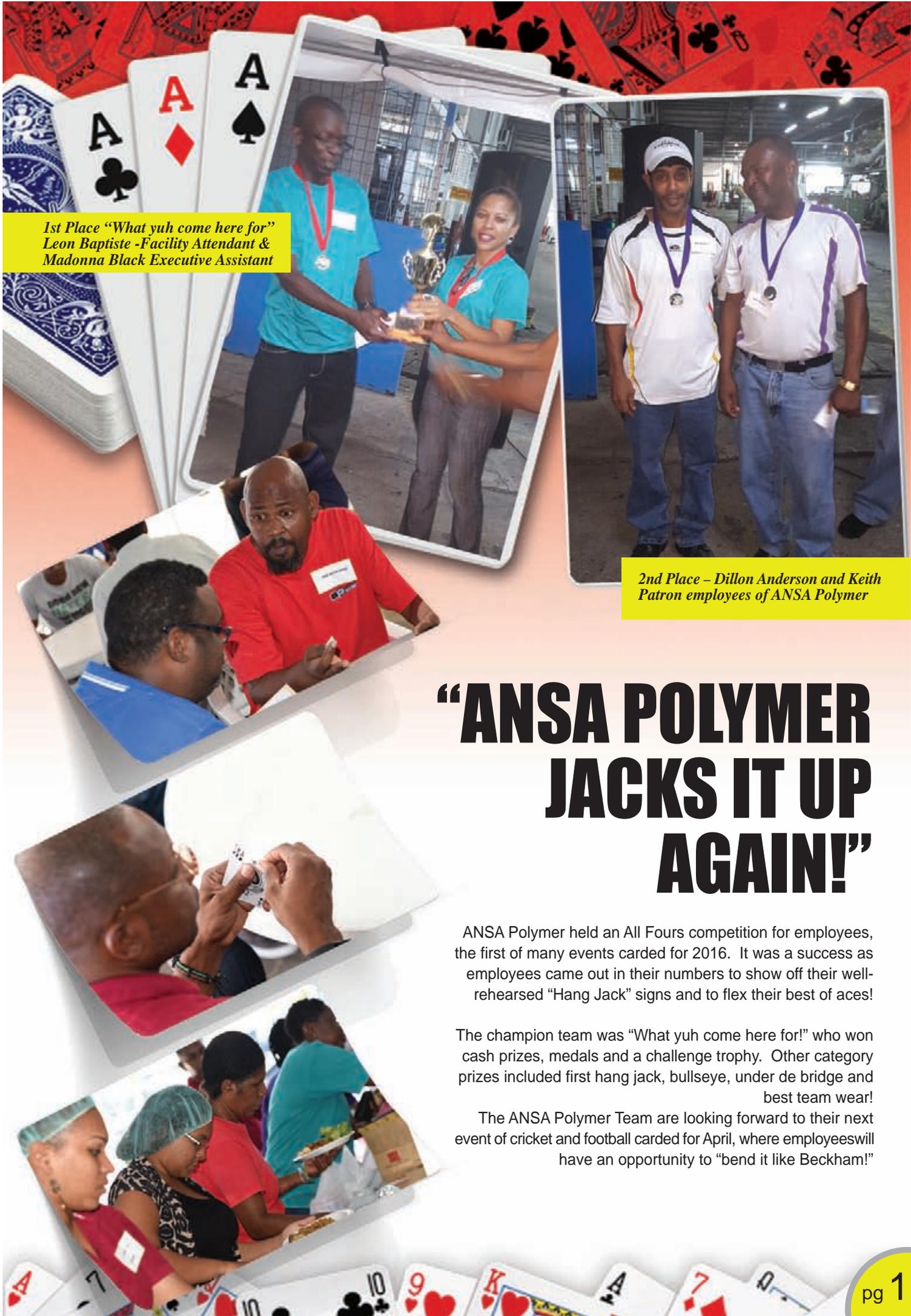
Congratulations Chema!



Mr. Cordell Wilson, Brand Manager, Heineken - Caricom Americas Export, left, with Mr. Ian Mac Donald, CEO - Caribbean Development Company Ltd and Ms. Eileen Ruddy of Trend Media



Heineken Ambassadors from left: Krystin Gonzales, Semoy De Four, Melissa Favrod-Coune, Lauren Rodrigues, Khadija Ponds and Krystal Gonzales



*1st Place "What yuh come here for"
Leon Baptiste -Facility Attendant &
Madonna Black Executive Assistant*



*2nd Place – Dillon Anderson and Keith
Patron employees of ANSA Polymer*

“ANSA POLYMER JACKS IT UP AGAIN!”

ANSA Polymer held an All Fours competition for employees, the first of many events carded for 2016. It was a success as employees came out in their numbers to show off their well-rehearsed “Hang Jack” signs and to flex their best of aces!

The champion team was “What yuh come here for!” who won cash prizes, medals and a challenge trophy. Other category prizes included first hang jack, bullseye, under de bridge and best team wear!

The ANSA Polymer Team are looking forward to their next event of cricket and football carded for April, where employees will have an opportunity to “bend it like Beckham!”



**Corporate Social
Responsibility**

Dyslexia Association Receives Support

The ANSA McAL Group was pleased to contribute funding to the Dyslexia Association of Trinidad and Tobago, in its effort to support children diagnosed with dyslexia, in the lower income bracket. ANSA McAL, through its Corporate Services sponsored a student for the two year tuition period. This assistance will allow the student to receive private tuition from specially trained teachers so that the child can develop his/ her literary skills and achieve full learning potential.

Dyslexia is a congenital organizing disability which impairs hand skills, short term memory and perception so inhibiting the development of a child's literary skills. Strategies can be learned for overcoming it.



Ms. Sharon Balroop, Group Corporate Communications Manager of ANSA McAL Group of Companies presents a cheque to Ms. Ingrid Jahra, Bursary Committee member of the local Dyslexia Association of Trinidad and Tobago

Call for Nominations

The Anthony N. Sabga Caribbean Awards for Excellence invites nominations for its 2017 Awards.

AWARD CATEGORIES

- **Arts & Letters**
- **Science & Technology**
- **Public & Civic Contributions**
- **Entrepreneurship**

THE AWARDS

- **TT\$500,000**
- **The Anthony N. Sabga distinguished Medal and Citation**

Nominees must:

- Have a track record of consistent superior work marked by excellence and leadership
- Ensure that their work has a positive impact in the Caribbean and on its people
- Have a capacity for significant future achievement
- Be worthy exemplars

Visit www.ansacaribbeanawards.com
for the application form and criteria.

Applications close: March 31, 2016
Email: maria.neilson@ansamcal.com



THE
ANTHONY N. SABGA
CARIBBEAN AWARDS
FOR EXCELLENCE

Fast Track for Future CEOs



Champions DEVELOPMENT PROGRAMME

Champions is a 24-month rotational programme aimed at converting our Country's most ambitious and high-performing graduates into our future Executives. Candidates will be immersed in a dynamic, entrepreneurial environment where they will be expected to deliver results and progress swiftly. **Champions** is carefully structured to optimise professional exposure, deepen technical expertise and cultivate leadership competence.

Successful applicants will be immediately assigned to strategic projects under the guidance of a mentor selected from the Group's Senior Executives.

Effective completion of the programme will lead to placement in a critical role with significant earning potential and further opportunities for exceptional career growth.

You have invested in your education; now invest in your future.

Requirements

- Bachelor's or Master's Degree in Finance, Engineering, HR or Business Management
- First or Upper Second-class honours
- No more than 1 year's working experience
- Internships while studying will be an asset

Programme Start Date

July 2016

We offer structured career paths, attractive compensation and benefits packages with opportunity for additional performance based incentives.

To apply, submit your resume along with responses to questions on the Careers tab of our facebook page or visit www.caribbeanjobs.com or www.jobstt.com. Applications are to be submitted no later than 8th April, 2016.



ANSA mcal
GROUP OF COMPANIES
(Established 1981)



*Business Development
Through People
Development*

Helping Hands

Telephone: 1-868-622-4509 Email: info@josalconsulting.com

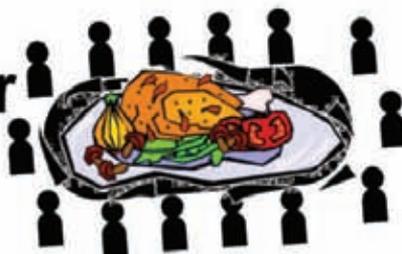
Adjusting Your Attitude for More Success



Stanford researchers are making the case that attitude is more important than IQ. Good news: Attitude is easier to change. Start with understanding your "mindset." Either you have a mindset that is "fixed" or your mindset is "growth-oriented," says researcher, Carol Dweck, Ph.D. A fixed mindset means you're not very open to change or willing to adapt to it. You don't view mistakes as opportunities or stepping-stones to your success. People with a growth mindset do. (Think Thomas Edison—he kept trying hundreds of times before the bulb finally glowed.) Embrace challenges, persist in the face of setbacks, see effort as the path to mastery, and learn from criticism to achieve an open mindset. How well do you identify with these critical elements of a successful mindset?

Source: "Mindset: The New Psychology of Success," by Carol Dweck, Ph.D.

Teams that Eat Together Thrive Together



Employees sharing a meal is a fairly mundane event, but Cornell researchers see such activities as crucial to enhancing organizational productivity, employee bonding, and team effectiveness. They believe their discovery has implications for any type of organization. Eating as a group is a primal behavior, and researchers believe it naturally creates deeper, more cooperative bonds. How can your team or work group take advantage of this discovery for the benefit of your work organization and your personal job satisfaction?

Source: news.cornell.edu [Search: "groups eat together"]

Do I Need Counseling?



Fear, mystery, and stigma often keep people away from professional counseling, but this hesitancy is normal. One question will help you decide whether to go: Are you fed up with feeling miserable? Contrary to what's portrayed on TV, most people do not attend counseling for very long. Some may go once, feel empowered, experience a "reality check," and find the strength they have been searching for to finally take charge and overcome a serious problem. Counseling is challenging because personal change rarely is easy; however, it can still be fun, exciting, full of relief, and life-changing—but above all, not what you expected.

Putting Excitement Back in Your Relationship



If your relationship with a significant other feels too sluggish or routine (a complaint of many couples), research psychologists say the intervention is to plan new activities you both enjoy. Don't panic—routines occur naturally because we are creatures of habit. One study showed an increase in relationship satisfaction while planning something new, while participating in it, and following the activity. Novel experiences need not be expensive vacations. A new hobby, project, or visiting local attractions, recreation, or 'liming' spots—nearly anything can do the trick. Shaking up the routine is a life skill. Use it to avoid complacency and stagnation.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/10707334>

The Art of Accepting Feedback

All of us eventually receive constructive or negative feedback at work. How do you respond to it? Accepting feedback is one of the toughest soft skills to learn because it is usually surprising and often unplanned, and it confronts something initially outside our awareness. Even if delivered softly with a smile, constructive feedback can leave you feeling vulnerable and off guard. There's power in accepting feedback graciously because of the relief felt by the person giving it to you. This will build your positive reputation, impress managers, and help facilitate valuable relationships at work. On the other hand, reacting negatively to feedback will cause others to judge your character and maturity. Be a pro at accepting negative feedback: (1) Recognize that accepting feedback is not easy; (2) Know that your assigned critic has natural trepidation about his or her role; (3) View feedback as an adventure in the unknown, and see it as powerful career juice that will help you grow; (4) Work consciously to display an attitude and the body language of positivity when receiving feedback; and (5) Always validate the feedback giver and thank him or her for it.



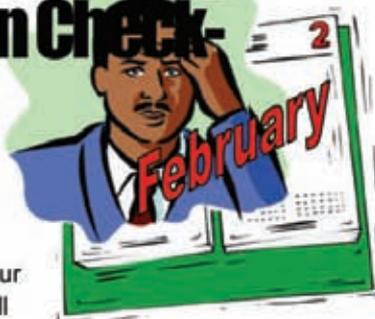
When Does Helping Become Enabling?

It's tough to watch a coworker suffer with a personal problem, and it's natural to want to help. But when does helping turn to enabling? This question helped give rise to employee assistance programs to assist employees with personal problems, and coworker (peer) referral is a popular route by which many clients seek help. But when should you recommend the EAP (or another source of help if your organization does not have an EAP)? The answer is simple: at the very beginning. You can be a friend and recommend the EAP at the same time. One does not preclude the other, and it sets the stage for two things: (1) your friend thinking about the EAP right away and (2) the likelihood he or she will choose that option when you recognize the need to back away. Omitting the mention of the EAP in the early stages of helping a friend will make it harder for you to let go and harder for him or her to choose professional help.



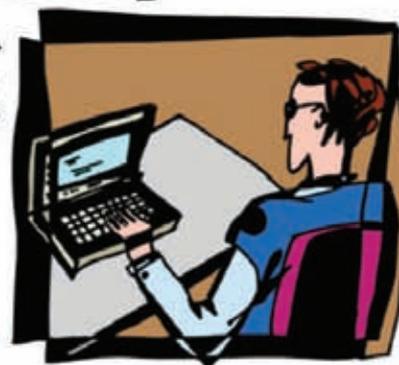
30-Day New Year's Resolution Check-up

Don't give up on your New Year's resolution. Look for roadblocks: (1) Is your goal *specific*? (e.g., I will dedicate 30 minutes daily to writing my book on organic gardening.); (2) Can you *measure* progress? (e.g., "It's been 14 days, and I have written 13 pages."); (3) Is your goal *attainable*? (e.g., There are 365 days per year to fit in 150 days of writing.); (4) Is your goal *realistic*? (e.g., "I have time in the morning each day for the task."); and (5) Is your goal *timely* with a deadline? (e.g., "I will complete my goal in 12 months by writing 12 to 13 pages per month.") If you discovered any missing elements, create them now to renew motivation. Log your progress, and tell a friend who will hold you accountable for progress in order to ramp up your chances for success.



Secrets to Writing Persuasively

Sales copywriters persuade, and good ones are paid big money for their craft. You may never write a sales letter for American Express, but you can follow the secrets of sales copy pros. Follow this basic outline to write more persuasively and you will see more success in your attempts to inspire change. State the problem, state the problems (issues, symptoms, etc.) *caused by the problem*, state how the problem has been managed ineffectively until now, and discuss the risk that will continue if the problem remains unresolved. Every persuasive letter has three targets—the problems it solves, the desires it satisfies, and the needs it fulfills. Hit all three. Include the opinion of an expert or two and statistics if you can find them, and spell out the next steps and how soon they should be taken in order to prevent missed opportunity or further loss.



Zika-V Virus: Advisory and Fact Sheet



Note: ZIKV cannot be transmitted by close or casual contact with an infected person (i.e., not person to person) or through the air, food or water.

Where has been affected?

According to the Centres for Disease Control and Prevention (CDC) and ECDC the following areas have been affected:

What is the Zika Virus?

According to the European Center for Disease Control and Prevention (ECDC), Zika virus is a member of the Flaviviridae family and is transmitted to humans by mosquitoes. The Zika virus disease is a mosquito-borne disease caused by Zika virus (ZIKV) which causes in general a mild febrile illness with a maculopapular rash. *Aedes aegypti* mosquitoes are considered as main vectors. Before 2007, viral circulation and a few outbreaks were documented in tropical Africa and in some areas in Southeast Asia.

- Barbados
- Bolivia
- Brazil
- Colombia
- Ecuador
- El Salvador
- French Guiana
- Guadeloupe
- Guatemala
- Guyana
- Haiti
- Fiji
- Honduras
- Martinique
- Mexico
- Panama
- Paraguay
- Puerto Rico
- Saint Martin
- Suriname
- Venezuela
- Samoa
- Cape Verde
- Solomon Islands
- Thailand

Symptoms:

See your doctor if you develop a fever with any of the following symptoms:

- Muscle or joint pain
- Headache, especially with pain behind the eyes
- Rash
- Conjunctivitis (red eyes)

What can Employers do?

Employers are urged to brief employees who may be travelling to areas affected by the Zika Virus to do the following:

- Check Health Authorities of Relevant countries to see where is affected by the Zika Virus



Employer's Consultative Association

- Take appropriate measures to protect themselves from mosquito bites by using repellents or wearing appropriate clothes that minimize skin exposure.
- Repellents should be applied only to exposed skin and/or clothing. Insect repellents that contain DEET, Picaridin, and oil of lemon eucalyptus (OLE) or IR3535 are the most effective and safe when used according to the label. If also using sunscreen, apply sunscreen first and insect repellent second.
- Ensure employees avoid mosquito-infested areas where possible
- Brief employees on recognising symptoms of dengue, chikungunya, and Zika virus, and seeking professional health care if any of these symptoms occur.
- Employers can choose a hotel or lodging with air conditioning or screens on windows and doors.
- Pregnant employees should consider postponing travel to any area where Zika virus transmission is on-going.
- Where possible, employees should avoid thin clothing that mosquitoes can bite through and dark coloured clothes.
- Employees should avoid outdoors especially from dusk to dawn, which is the peak feeding time for mosquitoes.
- Prepare a small travel kit for employees containing:
 - Mosquito repellent
 - Acetaminophen or paracetamol (for fever and Pain) NB. It is important to NOT take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen. Aspirin and NSAIDs.
 - Thermometer
 - Rehydration Salts
 - Anti-histamines to soothe bites

A person infected with ZIKV will have the virus in their blood for the first week of infection. The virus can be passed on to other mosquitoes if they bite you while you are carrying the virus. Therefore, be especially careful to prevent mosquito bites during the first week to avoid spreading the disease.



Medical Corner

Use an insect repellent with one of the following active ingredients:

Active ingredient

Higher percentages of active ingredient provide longer protection



Some brand name examples*

(Insect repellents may be sold under different brand names overseas.)

DEET

Off!, Cutter, Sawyer, Ultrathon

Picaridin, also known as **KBR 3023**, **Bayrepel**, and **icaridin**

Skin So Soft Bug Guard Plus, Autan (outside the United States)

Oil of lemon eucalyptus (OLE)
or **para-menthane-diol (PMD)**

Repel

IR3535

Skin So Soft Bug Guard Plus Expedition, Skin Smart





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GROUP OF COMPANIES

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