



How Zika Will Affect the 2016 Rio Olympics Legacy ER & Urgent Care Explains Both Impact and Dangers

Plano, Texas – (July 21, 2016) – With the 2016 Summer Olympics in Rio de Janeiro, Brazil, just around the corner, athletes are preparing to compete in the world’s most elite competition of skill. But along with worldwide excitement and anticipation comes a new fear, explicitly due to the outbreak and known dangers of the Zika virus – a mosquito-borne disease that runs rampant in areas of Central America, South America and Africa.

According to the U.S. Centers for Disease Control, Brazil in particular has had [an ongoing outbreak of the Zika virus since May 2015](#). For the general public wanting to know more, [Legacy ER & Urgent Care](#) addresses the health concerns involved with traveling to Brazil for the Olympic Games and the steps individuals should take if they suspect they’ve contracted the Zika virus. [According to the CDC](#), individuals can contract the Zika virus from the bite of an infected mosquito, through sexual relations (man to woman and new reports on [woman to man](#)), a blood transfusion and, in a few rare cases, laboratory exposure.

Those infected with the Zika virus may show no outward symptoms or will experience relatively mild side effects such as a rash, red eyes or a slight fever. However, pregnant women who contract Zika can pass it along to their unborn fetus. Zika is a known cause of microcephaly in babies – a condition that can cause an abnormally small cranium in newborn infants. This condition can further result in delayed brain development, intellectual disabilities and problems with speech, hearing and vision. In extreme cases, it can even be fatal.

Several Olympic athletes have even pulled out of the competition for fear of contracting Zika, the most prominent example being U.S. golfer Jordan Spieth. Citing the overall health concern, Spieth stated that the decision "...was probably the hardest decision I've had to make in my life."

"For those planning to attend the Olympic Games in Brazil, we recommend they be on high alert for any possible transmission or symptoms of the Zika virus," said Dr. Jay Woody, founder and chief medical officer of Legacy ER & Urgent Care. "It's necessary for all visitors to take precautionary steps to prevent contracting the virus and immediately follow up with a visit to a doctor should they believe they've contracted Zika."

Those visiting can take the following preventative measures:

- Wear long sleeves and pants
- Avoid being outdoors near mosquito-infested areas such as bodies of water

- Sleep in covered or protected areas where mosquitoes cannot enter
- Use insect repellent spray on exposed skin to ward off mosquitoes
- Use insect repellent that contains DEET

For more information on Legacy ER & Urgent Care, please visit www.legacyer.com.

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About Legacy ER & Urgent Care

Founded in 2008, Legacy ER & Urgent Care is one of the nation's first healthcare models to offer both urgent care and emergency room billing options under one roof. It has built an exceptional customer service program and rating by providing transparent billing, soothing environments and one-on-one service with board-certified, emergency-trained physicians. Patients have access to immediate, on-site emergency room equipment and only pay emergency care prices when it is truly an emergency.

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