Current situation on Saba
Currently there are no cases of Chikungunya or Dengue on Saba. However, recently Zika was introduced to the island. Also, the mosquito that could transmit these viruses is present on the island. Therefore, take careful precautions to prevent mosquito bites.

Prevent Mosquito bites
The Public Health Department does advise travellers, especially pregnant women, to take measures to prevent mosquito bites:

- Use insect repellents on exposed skin. Insect repellents that contain DEET, Picaridin (also known as icaridin), 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.
- Where possible, wear light colored long-sleeved shirts and long pants, socks and shoes to minimize exposed skin.
- When indoors use air conditioning or a fan if available and keep the doors and windows closed, unless they are screened, to keep out mosquitoes.

What to do if you feel sick?
Consult a healthcare professional if you are feeling ill, especially if you have a fever. Be especially careful to prevent mosquito bites during the first week to avoid spreading the disease.

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