

Mustique

Health Advisory

For all information relating to **Covid-19** > please visit the dedicated section on the Mustique website. This contains the most up to date information and advice on Testing, Travel and procedures. It is updated daily and you should check it before travelling to Mustique.

There have been occasional instances of **tropical diseases** in the region, although rarely on Mustique. As these are largely contracted from mosquitoes it is advisable that as a precautionary measure guests use insect repellent and sleep under a mosquito net at night.

Zika Virus

There have been no cases since 2016.

Dengue Fever

Dengue is a viral infection spread by mosquitoes. Dengue is endemic in the Caribbean especially in the wet season. St Vincent and Barbados do occasionally get an epidemic of Dengue. Mustique has been more fortunate and we have not had an outbreak for at least ten years. However we shall not become complacent as it can be a serious illness.

Ciguatera

'Ciguatera' is a form of food poisoning. The illness initially presents with a severe attack of vomiting and diarrhoea and is accompanied by symptoms ranging from itching, burning and nerve pain. Other symptoms include feeling faint, tired and nauseated.

Large Barracuda fish are particularly renowned for having 'Ciguatera' and are never eaten in the Northern Caribbean. Now that there is evidence that the disease has reached the waters of the Windward Islands we have stopped serving Barracuda on island.

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