ZIKA VIRUS ALERT

PROTECTION & PREVENTION

ZIKA VIRUS is spread by being bitten by an infected Aedes species mosquito. The mosquitoes are daytime biters, but can also bite at night.

PROTECTION

Zika virus can be passed through sex from a person who has Zika to his or her partners, even if the infected person does not have symptoms at the time. Men who are sexually active with a woman who is or could become pregnant should use a condom or abstain from sex of any kind.

Zika virus infection during pregnancy is linked to birth defects in babies.

Pregnant women should avoid travel to Zika-affected areas. If travel is a must, follow steps to prevent mosquito bites.

Common symptoms are fever, rash, joint pain, headache and conjunctivitis (red eyes) within 2 weeks of exposure.

There is no vaccine or medicine for Zika.

All travelers with symptoms and all pregnant women who have visited Zika-affected areas recently should seek testing as soon as possible.

PREVENTION

- Use mosquito repellent containing DEET or Picaridin. Always apply sun screen before applying repellent.
- Wear light-colored, long-sleeved clothing when possible.
- Use air conditioning or window/door screens. Make sure to patch any holes in screens.
- Prevent mosquitoes from breeding by emptying containers that hold water. Drain and refill bird baths and wading pools every 3-4 days.
- Treat rain barrels with larvicide or empty every 3-4 days.
- Follow insect repellent label carefully for young children & infants. Do not use repellent on babies younger than 2 months.