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Zika Virus Information Sheet

WHAT IS ZIKA VIRUS?

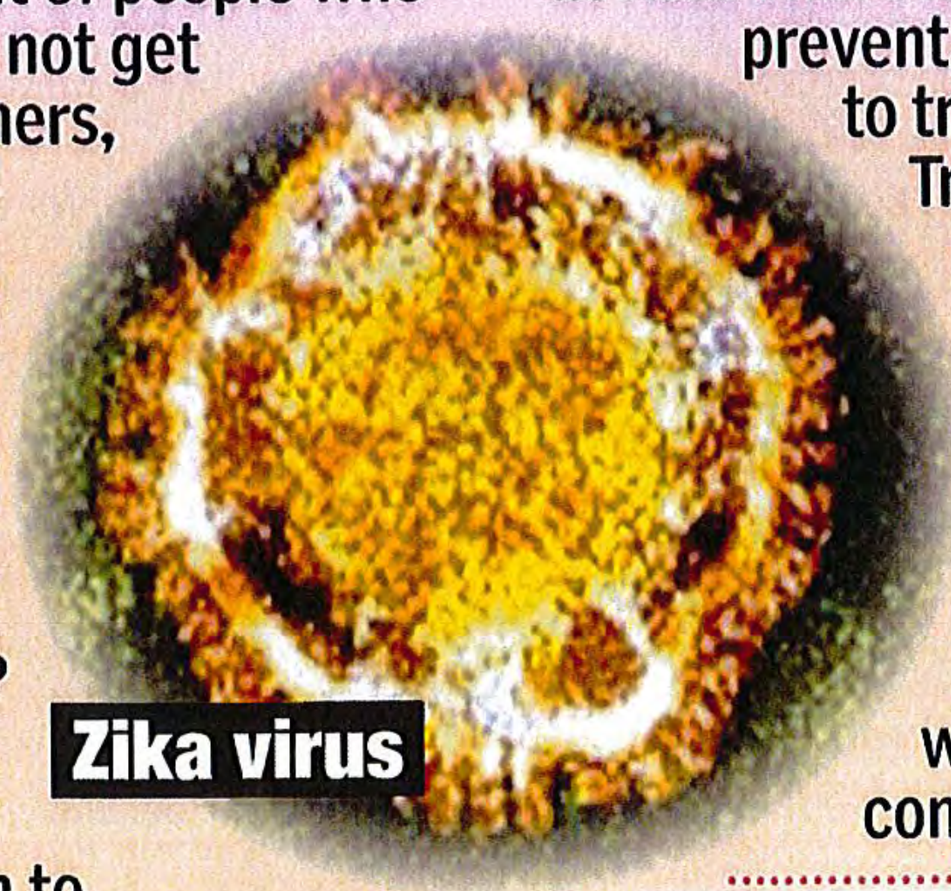
Zika, spread through bites from infected mosquitoes, was named for the Zika Forest in Uganda, where the first case was isolated in a monkey in 1947.

WHAT ARE THE SYMPTOMS?

Up to 80 percent of people who are infected do not get sick. For the others, common symptoms are fever, rash, joint pain and pink eye.

HOW DANGEROUS IS THE DISEASE?

Most people fully recover. But babies born to infected women can develop a birth defect that leaves the child with a smaller than normal brain and head.



Zika virus

Africa, Southeast Asia the Pacific Islands, and several countries in the Caribbean and Latin and South America.

ARE NEW YORKERS AT RISK?

New Yorkers who travel to affected areas are potentially at risk. There is no vaccine to prevent, or medicine to treat, the virus. Travelers should protect themselves by using insect repellent, wearing long sleeves and pants, and staying in places with screens or air conditioning.

For further information
Go to: www.cdc.gov

Symptoms

- About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.
- Zika virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.

Diagnosis

- The symptoms of Zika are similar to those of dengue (http://www.cdc.gov/dengue/) and chikungunya, diseases spread through the same mosquitoes that transmit Zika.
- See your healthcare provider if you develop the symptoms described above and have visited an area where Zika is found.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order specialized blood tests to look for Zika or other similar viruses like dengue or chikungunya.

Treatment

- There is no vaccine to prevent or specific medicine to treat Zika infections.
- Treat the symptoms:
  - Get plenty of rest.
  - Drink fluids to prevent dehydration.
  - Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
  - Do not take aspirin and other non-steroidal anti-inflammatory drugs.
  - If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

- If you have Zika, prevent mosquito bites for the first week of your illness.
  - During the first week of infection, Zika virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites.
  - An infected mosquito can then spread the virus to other people.

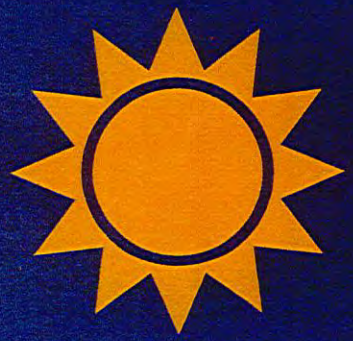
SUPERVISOR'S ZIKA VIRUS INFORMATION HOTLINE
CALL: (845) 357-5100 EXT. 201

Pregnant?

Warning: Zika might be linked to birth defects

There is no vaccine to prevent Zika virus infection

Protect yourself from mosquito bites



Daytime is most dangerous
Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.

Use insect repellent
It works!
Look for the following active ingredients:
• DEET • PICARIDIN • IR3535

Wear protective clothes
Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.

Mosquito-proof your home
Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.

For more information:
www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS22694-B

Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

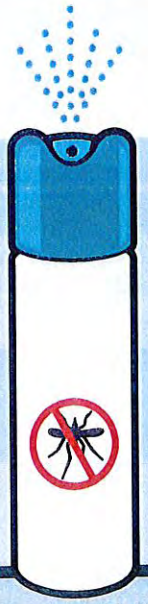
Type of Mosquito	Viruses spread	Biting habits
Aedes aegypti, *Aedes albopictus*	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
Culex species	West Nile	Evening to morning — do not bite at night

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Active ingredient Higher percentages of active ingredient provide longer protection	Some brand name examples*
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as **KBR 3023**, **Bayrepel**, and **icaridin**	Cutter Advanced, 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, SkinSmart



* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

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Protect yourself and your family from mosquito bites *(continued)*

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

Natural insect repellents (repellents not registered with EPA)

- EPA has not evaluated natural insect repellents for effectiveness.
  - » Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint oil, or soybean oil.

If you have a baby or child

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.

Treat clothing and gear

- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

Mosquito-proof your home

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

www.cdc.gov/features/StopMosquitoes

Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

B Z Z Z Z.

Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti or Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1. Eliminate standing water in and around your home:

- **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2. If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3. Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.

Put plants in soil, not in water.

Drain water from pools when not in use.

Recycle used tires or keep them protected from rain.

Drain & dump any standing water.

Weekly, scrub vases & containers to remove mosquito eggs.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector-Borne Diseases

CS258303

4. Prevent mosquito bites:

- Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

Active ingredient Higher percentages of active ingredient provide longer protection	**Some brand name examples***
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Oil of lemon eucalyptus (OLE) or **para-menthane-diol** (PMD)	Repel

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  - Always follow the product label instructions.
  - Reapply insect repellent every few hours, depending on which product and strength you choose.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
  - Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do **not** use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.

Keep rain barrels covered tightly.

Weekly, empty standing water from fountains and bird baths.

Keep septic tanks sealed.

Install or repair window & door screens.

For more information, visit:
www.cdc.gov/dengue, www.cdc.gov/chikungunya, www.cdc.gov/zika