



DCHHS

Safe families, healthy lives.

Dallas County Health and Human Services

CONTACTS

Erikka D. Neroes, Public Information Officer

erikka.neroes@dallascounty.org

214.819.6329 (office) 214.394.8109 (cell)

Zachary Thompson, Director

214.755.9299 (cell)

FOR IMMEDIATE RELEASE

DCHHS Advises Dallas County Residents to Follow CDC Zika Virus Guidance Issued Feb. 5

DALLAS (Feb. 5, 2016) – Dallas County Health and Human Services (DCHHS) is advising Dallas County residents to be aware of new guidelines from the Centers for Disease Control and Prevention (CDC) regarding Zika virus.

“DCHHS is staying in constant communication with local, state, and federal partners to ensure we have the most current information,” said Zachary Thompson, DCHHS director. “In addition to the usual recommendations we have been giving Dallas County residents, we encourage them to be aware of and follow CDC guidance as well to protect themselves and their loved ones from all mosquito-borne viruses, including Zika.”

DCHHS recommends everyone use the 4Ds to reduce the chance of being bitten by a mosquito:

- **DEET All Day, Every Day:** Whenever you’re outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.
- **Dress:** Wear long, loose, and light-colored clothing outside.
- **Drain:** Drain or treat all standing water in and around your home or workplace.
- **Dusk & Dawn:** Limit outdoor activities during dusk and dawn when mosquitoes are most active.

Standing water can be treated with EPA-approved larvicides that are available for retail purchase. Larvicides are products used to kill immature mosquitoes before they become adults. Larvicides are applied directly to water sources that hold mosquito eggs, larvae, or pupae. When used well, larvicides can help reduce the overall mosquito burden by limiting the number of mosquitoes that are produced, according to the CDC.

Travelers can protect themselves further by doing the following:

- Choose a hotel or lodging with air conditioning or screens on windows or doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well-screened.

Dr. Christopher Perkins, DCHHS medical director/health authority, said in addition to DCHHS’ traditional recommendations for preventing mosquito-borne viruses, the latest CDC guidance is important in helping prevent transmission and spread of Zika virus locally, and to pregnant women and women planning to become pregnant.

“Pregnant women, those planning to become pregnant, and their partners traveling to or from areas where Zika virus is active should follow guidance from CDC,” said Perkins. “Furthermore, pregnant women should use condoms for the duration of their pregnancy or abstain from sexual activity altogether.”

DCHHS plans to make updates on Zika virus as more information becomes available.

[Click here to see: CDC issues Interim Guidelines for Preventing Sexual Transmission of Zika Virus and Updated Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure](#)

###