

# DR. THERESA DANIEL

## DALLAS COUNTY COMMISSIONER

### DISTRICT 1 NEWSLETTER

JUNE 2016: SUPPORT FOR ORLANDO • ZIKA • HEAT EXHAUSTION



#### SUPPORT FOR ORLANDO

My thoughts and prayers are with the people of Orlando, Florida in the aftermath of the horrible acts that happened there on June 12th. Whatever the motive, too many people have been affected through no fault of their own. Let us join together and hold close our fellow Americans in this difficult time.

Going forward, let us take a positive step to not have this happen again – to anyone. We must live inclusively to welcome the diversity in our society and recognize it as strength that makes us great; not something or someone that needs to be eliminated.

To support the victims, please contribute to Equality Florida Victim's Funds at [www.gofundme.com/PulseVictimsFund](http://www.gofundme.com/PulseVictimsFund) or donate blood at your local Red Cross.

#### ZIKA UPDATE

I want to take a moment to share what we know about the Zika virus and how you can protect yourself and your family. As of mid-June, Dallas County Health and Human Services (DCHHS) reported 9 cases of Zika. 10 pregnant women have tested positive but their cases can't be confirmed until their babies are born and test positive for the virus.



Every case of Zika we've identified so far in Dallas County has been contracted during travel to affected areas, and it has not been locally transmitted. At the moment, other mosquito-borne illnesses such as Dengue, Chikungunya, and West Nile virus are a larger concern than Zika. While we have not seen a locally contracted case of the Zika virus, health officials expect that could change this summer; we are still learning about the illness. We know that it may cause severe birth defects in babies born to mothers infected with the virus. Expectant mothers and women who intend to become pregnant should avoid mosquito bites. Although, most people will not experience symptoms, they may include fever, rash, achy joints, and red eyes. There is not yet a vaccine or treatment for Zika.

The most common way to contract Zika is to be bitten by a mosquito carrying the disease, but it can also be transmitted sexually. You should

#### TOWN HALL MEETINGS

Wednesday, June 22nd  
Garland Fire Department  
Training Room  
1500 Hwy 66  
Garland, TX 75040  
6:00pm - 7:30pm

Tuesday, June 28th  
Eastfield College Pleasant  
Grove Campus  
802 S. Buckner Blvd.  
Dallas, TX 75217  
6:00pm - 7:30pm

Wednesday, June 29th  
Arlington Hall at Lee Park  
3333 Turtle Creek Blvd.  
Dallas, TX 75219  
6:00pm - 7:30pm

#### CONNECT WITH US:

OFFICE: 214-653-6668

FAX: 214-653-7572

#### HELPFUL NUMBERS & RESOURCES

<http://tinyurl.com/district1numbers>

## ZIKA UPDATE (CONT.)

avoid sexual contact or use a condom with partners who have traveled to affected areas. If you exhibit symptoms, you should avoid being bitten by mosquitoes to prevent the spread of the Zika virus. DCHHS advises individuals with symptoms to see a healthcare provider if they have visited an area where the viruses are present or had sexual contact with a person who traveled to an area where the virus is present, and tell the healthcare provider when and where you traveled.

### **You can reduce your risk of contracting mosquito-borne illnesses by following the 4 D's:**

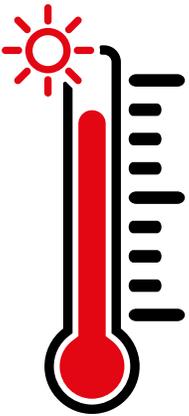
**Drain** - Drain any standing water, maintain hot tubs and swimming pools, and remove trash/brush on and around your property.

**Dawn and Dusk** - Avoid being outside at dawn and dusk which are the times when mosquitoes are most active, but keep in mind, some mosquitoes are active all day

**Dress** - Wear long sleeves and pants.

**Deet** - Wear Deet-based repellents ALL DAY, EVERYDAY during mosquito season

I care about your family's health, and I hope this information helps you to better protect yourself from mosquito-borne illnesses. To get additional information and updates about the Zika virus and other public health concerns, please call Dallas County Health and Human Service at 214-819-2000.



## HEAT EXHAUSTION

Heat exhaustion has claimed its first victim in Dallas County this summer. I want to encourage you to avoid heat exhaustion by drinking plenty of fluids and keeping your air conditioner on this summer, especially if you are elderly or ill. You may qualify for assistance if your air conditioner is not working or if you need help paying your electric bill. Please contact Dallas County Health and Human Services at 214-819-1848 for more information about these programs and their requirements. I hope you'll also remember to check in on older neighbors to ensure they're not suffering in the heat, and contact the Health Department if you think they need help.

I'm grateful for the honor of representing you and your family, and I hope you'll feel free to reach out to my office at 214-653-6668 or email me at [theresa.daniel@dallascounty.org](mailto:theresa.daniel@dallascounty.org) if I can be of service.