

PREVENTION for pregnant women and women planning to get pregnant

In addition to using the 4Ds, pregnant women and women trying to get pregnant can protect themselves and their unborn children from Zika virus by taking the following precautions:

- Women infected with Zika during their pregnancy can transmit the virus to their unborn child, possibly leading to severe birth defects, including microcephaly.
- Pregnant women in any trimester should consider postponing travel to areas where mosquito-borne transmission of Zika virus is occurring. If travel to one of these areas is necessary, they should talk to their physician or other health-care providers first and strictly follow steps to avoid mosquito bites during the trip.
- Pregnant women should practice safe sex or abstain from sex for the remainder of the pregnancy, to avoid any possible Zika exposure.

Learn More About Zika Virus

Talk to your doctor about any questions or concerns you may have.

Local, State and National Resources

Dallas County Health and Human Services

(214) 819-2000

<http://www.dallascounty.org/department/hhs/zika.html>

Texas Department of State Health

Services (512) 458-7255

<http://www.texaszika.org/>

Centers for Disease Control and Prevention

www.cdc.gov/zika

ZIKA VIRUS



*Aedes
albopictus*

The *Aedes aegypti* and *Aedes albopictus* are aggressive daytime biters, with peak feeding activity at dawn and dusk.



*Aedes
aegypti*



DCHHS

Safe families, healthy lives.

Dallas County Health and Human Services

2377 N. Stemmons Freeway

Dallas, Texas 75207

(214) 819-2000

What is Zika?

Zika is a disease caused by the Zika virus, which is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes).

The illness is usually mild, with symptoms lasting from several days to a week. During this time, an infected person has enough virus in their blood to infect a local mosquito if they are bitten.

Remember that Zika is preventable!

Learning about the virus and ways to prevent infection is essential to protecting you and your family from Zika as well as other mosquito-borne diseases.



How does Zika virus spread?

While sexual transmission of Zika virus is possible, it is spread primarily through the bite of an infected *Aedes* species mosquito.

Aedes mosquitoes require a small amount of standing water to lay their eggs. Common mosquito breeding sites include buckets, bird baths, animal dishes, flower pots, and tires. They are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near human activity. Mosquitoes become infected when they feed on an infected person. The newly infected mosquito can then spread the virus by biting other people.

Sexual transmission of Zika can be prevented by practicing safe sex or abstaining from sex for a certain amount of time after Zika exposure. The CDC recommends this practice for 8 weeks for women and 6 months for men.

Zika virus can be passed from mother to fetus anytime during pregnancy. Zika infection of a fetus has been linked to severe birth defects, including brain damage and microcephaly.



What are the symptoms of Zika virus?

About 1 in 5 people infected with Zika virus experience Zika symptoms.

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.

The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon and deaths are even rarer.



If you experience Zika symptoms after visiting an area with active Zika infection or having unprotected sex with someone who recently visited a Zika affected area, immediately talk with your healthcare provider about getting tested for Zika infection.



How is Zika virus treated?

There are currently no vaccines or medications available to prevent or treat Zika infections.

Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicines, such as acetaminophen or paracetamol, to relieve fever and pain.
- Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, should be avoided until dengue can be ruled out, to reduce the risk of hemorrhage. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

What should I do if I have Zika virus?

If you have Zika virus, avoid mosquito bites for the first week of your illness.

- During the first week of illness, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.
- An infected mosquito can spread the virus to other people.
- Practice safe sex for 8 weeks after infection for women and 6 months for men, to prevent sexual transmission of Zika.

What is Dallas County doing?

Dallas County uses an **Integrated Mosquito Management** program to control the mosquito population. The program uses various techniques that include the following tools:



Surveillance

Collect mosquitoes to determine the location, species, quantity and virus potential.

Source Reduction

Investigate and remove water sources that support mosquito breeding habitats.

Larvicide

Use mosquitofish or EPA-approved products to kill mosquito larvae in standing water.

Adulticide

Spray EPA-approved products from trucks and planes to reduce mosquito populations.

Public Awareness

Inform the public by press releases, public information campaigns, websites, pamphlets and presentations.

Personal Protection

Encourage changing personal habits to reduce mosquito bites. This means **YOU** and how you can protect yourself, your family and community.

SSLAPP back mosquitoes!

PREVENTION

EVERYONE should defend by using the **4Ds!**

DEET All Day Every Day

- Whenever you're outside, use insect repellent that contains DEET or other EPA approved repellents and follow the instructions.



Dress

- Wear long, loose and light-colored clothing outside.



Drain

- Remove all standing water in and around your home.
- Empty, remove, cover or turn upside down any containers that can collect standing water (bottles, cans, tires, buckets, flower pots, toys, etc.)
- Change water in pet dishes, wading pools and birdbaths several times a week.



Dusk & Dawn

- Limit outdoor activities during dusk and dawn when mosquitoes are most active.



In addition to using the 4Ds, travelers can protect themselves by doing the following:

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