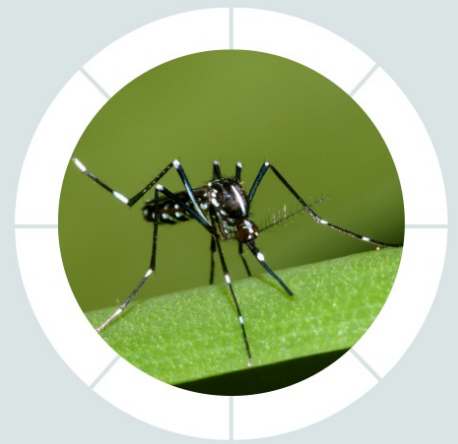


Zika Virus Update

KEEP CALM & EMBRACE BUG SPRAY



Zika is a viral disease that is spread primarily through the bite of an infected Aedes species mosquito. This mosquito is an aggressive daytime biter and prefers to live both indoors and outdoors close to people. Zika virus can cause illness that lasts several days or up to a week. Zika virus infection during pregnancy can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects. Currently, there is no cure, vaccine, or direct treatment for Zika virus.

Symptoms

Four out of five people infected with Zika virus do not experience any symptoms. Once a person has been infected, he or she is likely to be protected from future infections.

- ▶ Fever
- ▶ Rash
- ▶ Joint Pain
- ▶ Conjunctivitis (Red Eyes)

Transmission

Anyone who lives in or travels to an area where Zika virus is found and has not been already infected with Zika virus can become infected. The virus is also transmitted:

- ▶ From mother to fetus during pregnancy or at delivery
- ▶ Through sex from an infected person to his or her sex partners
- ▶ Through a blood transfusion

Zika virus has also been linked to Guillain-Barre Syndrome, which can start as weakness and tingling in the feet and legs that spreads to the upper body. Paralysis can occur.



Be Alert



As of August 2016, there have been 6 laboratory confirmed Zika virus cases transmitted by local mosquitoes in the state of Florida. According to the Centers for Disease Control and Prevention (CDC) Zika Response plan, the outbreak is currently in phase level 3, confirmed multi-person local transmission. CDC has sent staff to the Miami-Dade County area to assist the state and local health departments with confirmed and suspected cases.

HOW TO PROTECT YOU AND YOUR FAMILY



If possible, avoid travel to an area with Zika virus



Wear long-sleeved shirts and pants

Treat Clothing and gear with permethrin or buy permethrin-treated clothing

- Do not apply directly to skin
- Follow instructions carefully to determine how long and after how many washes the product will last



Stay indoors and use air conditioners, screen doors and windows to keep mosquitoes out



Use environmental protection agency (EPA) approved insect repellents as directed

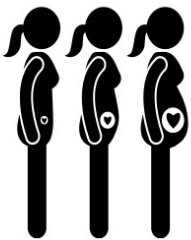
SAFE SEX

Use condoms to prevent transmission of the virus from an infected person to his or her partner

Eliminate Mosquito Breeding Sites

To prevent mosquitoes from breeding, empty containers that hold standing water such as flower pots, pet dishes, buckets, toys, bird baths and discarded tires.

ZIKA VIRUS AND PREGNANT WOMEN



The greatest concern of Zika virus is the health complications it has on the unborn fetus. If a woman becomes infected with Zika virus, she can pass the virus to the fetus. The virus can cause microcephaly, which is an underdeveloped brain and skull, and other defects, such as, defects of the eyes, hearing problems, and impaired growth.

How Long Should You Wait Before Trying to Have a Baby When Living in an Area with Zika Transmission?

	Women	Men
With Zika Symptoms	At least 8 weeks after symptoms	At least 6 months after symptoms start
No Zika Symptoms	Talk with doctor or health care provider	Talk with doctor or health care provider

