

# ZIKA VIRUS

Zika is not currently known to be carried and spread by mosquitoes in the continental United States. According to the CDC, 52 cases (as of 2/10/16) have been reported in the U.S., **all acquired while traveling abroad**. Experts are watching and waiting as they expect Zika will begin to spread in the United States as mosquito season begins in early spring.

## Symptoms

Only about 20% of those infected with Zika will ever experience symptoms of Zika illness. Those symptoms can include rash, headache, conjunctivitis, joint pain, muscle pain and fever. These symptoms are usually mild and can last several days to a week. With no specific treatment or vaccine for Zika, managing symptoms are all one can really do. You should see your doctor if you think you have Zika to get tested and gather advice on the best management for your specific symptoms.

If you are pregnant or planning to become pregnant, keep an eye on the CDC's Zika travel notice for the latest travel advice. The CDC is advising pregnant women to take extra precautions if traveling to regions experiencing Zika outbreaks. The link between microcephaly, a birth defect, and Zika virus in pregnant women is being investigated as the relationship is not fully understood yet.

## Prevention

With no treatment or vaccine for Zika, the best way to protect your family is to prevent exposure to mosquitoes and mosquito bites. Start in your own yard. These tips will help reduce the mosquitoes around your house.

### **1. TIP.**

Mosquitoes can breed in the smallest amount of water. Remember to tip over anything that can hold water; bird baths, flower pot saucers, downspouts and dog bowls. Also check your gutters to be sure they are not clogged with debris and standing water.

## **2. TOSS.**

Piles of excess grass, leaves and debris can easily collect pools of water from rain or your sprinkler systems. Make sure to remove any excess piles where mosquitoes can lay eggs.

## **3. TURN.**

Don't forget to turn over larger items such as wheel barrows, children's sandboxes or larger plastic toys that can hold water.

## **4. TARPS/COVERS**

If tarps stretched over firewood piles, grills, boats, etc. are not taught; they can hold water and create breeding places for mosquitoes.

## **5. TREAT**

There are numerous products available to treat your yard and around your house. Check your local hardware or supply store for these products. Also use insect repellent when you are going to be out in the evenings or mornings.