

ZIKA VIRUS

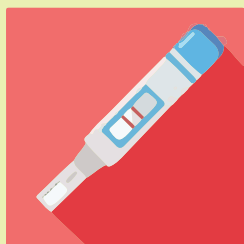
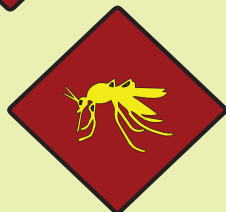
INFO SHEET & SAFETY PRECAUTIONS

WHAT IS ZIKA VIRUS?

ZIKA VIRUS is a newly emerging virus found in the Western hemisphere. It is spread to people through mosquito bites. Zika usually causes a mild illness including fever, rash, joint pain, and red eyes, and lasts several days to a week. Severe disease is uncommon. **However, pregnant women who are exposed to Zika are at risk of miscarrying, or delivering babies with severe congenital deformities.**



CURRENTLY LOCATED IN
MEXICO
CENTRAL AMERICA
SOUTH AMERICA
& **BRAZIL**



The Ashe Center recommends that any women expecting a child consider avoiding all travel to affected areas (Central America, The Caribbean & northern South America). Additionally, to help prevent exposure to mosquito bites and Zika virus, practice the Four Ds:

DEET

Apply insect repellent containing DEET, picaradin, oil of lemon, eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

DAWN AND DUSK

Mosquitoes bite in the early morning and evening so it is important to wear protective clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

DRAIN

Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including flower pots, old car tires, and buckets. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

DRESS

Make sure to dress in long, loose, light-colored clothing whenever possible to avoid allowing mosquitoes direct contact with your skin, preventing potential bites.

The Ashe Center's Infection Control & Safety Committee continues to monitor the current outbreak of the Zika Virus in the state of California. Women who are or may become pregnant should consider avoiding travel to areas with ongoing Zika virus infection. This includes Central America, The Caribbean, and northern South America. More information can be obtained through the CDC or the Pan American Health Organization.

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