

EAST ORANGE HEALTH DEPARTMENT
ZIKA VIRUS INFECTION PREVENTION ADVISORY

What we know

- No vaccine exists to prevent Zika virus disease (Zika)
- Prevent Zika by avoiding mosquito bites
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Prevent sexual transmission of Zika by using condoms or not having sex

Steps to prevent mosquito bites

When in areas with Zika and other diseases spread by mosquitoes, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home. Sleep under a mosquito bed net
- Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
 - To protect your child from mosquito bites:
 - Do not use insect repellent on babies younger than 2 months old.
 - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
 - Dress your child in clothing that covers arms and legs.
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items. Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last. If treating items yourself, follow the product instructions carefully.

Do NOT use permethrin products directly on skin. They are intended to treat clothing.

Even if they do not feel sick, travelers returning to the United States from an area with Zika should **take steps to prevent mosquito bites for 3 weeks** so they do not spread Zika to mosquitoes that could spread the virus to other people.

If you have Zika, protect others from getting sick

- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
- Zika virus can be spread during sex by a man infected with Zika to his sex partners.

We do not know how long the virus can stay in the semen of men who have had Zika, and how long the virus can be spread through sex.

We do know that the virus can stay in semen longer than in blood.

- To help prevent spreading Zika from sex-- use condoms (correctly). Abstinence is the only way to be sure that someone does not acquire Zika virus infection through sex.

If you are a man who lives in or has traveled to an area with Zika

- If your partner is pregnant-- use condoms (correctly) Abstinence is the only way to be sure that someone does not acquire Zika virus infection through sex.
- Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to **prevent mosquito bites for 3 weeks** so they do not spread Zika to mosquitoes that could spread the virus to other people.
- Pregnant women should talk to a doctor or other healthcare provider if they or their male sex partners recently traveled to an area with Zika, even if they don't feel sick.

Here's what you can do to control mosquitoes outside your home

- Install or repair and use window and door screens. Do not leave doors propped open.
- Empty, turn over, cover, or appropriately dispose any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Use an outdoor flying insect spray where mosquitoes rest. When using insecticides, always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

Here's what you can do to control mosquitoes inside your home

- Keep windows and doors shut and use air conditioning when possible.
- Keep mosquitoes from laying eggs inside your home. Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like vases and flowerpot saucers.
- Kill mosquitoes inside your home. Use an indoor flying insect fogger or indoor insect spray to kill mosquitoes and treat areas where they rest. Always follow label directions. Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room.