

Everything you need to know about Zika Virus



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are currently no locally transmitted cases in Louisiana.**

Currently, the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department are coordinating with key partners to provide information about the Zika virus to the public. NOMTCB is monitoring the mosquito population using a combination of chemical control and habitat reduction methods to limit the mosquito population in New Orleans.

What is Zika?



Zika virus is spread to people through mosquito bites. Only 1 in 5 of people will develop symptoms. Symptoms usually begin 3-7 days after being bitten by an infected mosquito. The illness can cause mild symptoms lasting up to a week.

Common Symptoms: Fever, rash, joint pain, muscle pain, headache, vomiting and red eyes. If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

Pregnancy and Zika Virus



Zika can be spread from a mother to her fetus during pregnancy. There have been reports to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant.

Travel Information for women who are pregnant or thinking of becoming pregnant:

-  Consider postponing travel to any area where Zika virus transmission is ongoing.
-  If you must travel to one of these areas, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip.
-  It is safe for pregnant and breastfeeding women to use insect repellent.

Microcephaly is a birth defect where a baby's head is smaller than expected when compared to babies that are the same sex and age. Babies with microcephaly often have smaller brains that might not have developed properly.

Travel Advisory

Level 2:

Practice Enhanced Precautions

For a list of affected countries:

Visit cdc.gov/travel

How to protect yourself



Dress Wear long-sleeve shirts and long pants. For extra protection, treat clothing with the insect repellent, permethrin.



Drainage Remove standing water around the home in places such as plant containers, old tires and buckets.



Dawn and Dusk Mosquitoes that can carry Zika are day biters and most active during dusk and dawn.



DEET Use EPA-registered insect repellents, containing the active ingredient DEET. When used as directed, EPA-registered insect repellents are proven safe and effective.

- Reapply insect repellent as directed.
- Apply insect repellent before sunscreen.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.

Treatment

There is no vaccine to prevent Zika virus infection, nor any medicine to treat it.

If you are ill, protect yourself from mosquito bites. If a mosquito bites you, it can spread the virus and infect others.

