



Fact Sheet

Avoid mosquito bites to protect against Zika virus

Zika virus has now been reported in many countries around the world, and here in the US in recent travelers. Zika is spread from person to person through the bite of infected mosquitoes. One in five people who are bitten by an infected mosquito will get Zika virus. However, most people will only have mild symptoms for up to a week. Many people will not even realize they are infected.

The most common symptoms of Zika are a fever, rash, joint pain and conjunctivitis, which usually begin 2 to 7 days after being bitten. Zika can be passed from a mother to her baby during pregnancy or around the time of birth. It is not known how often this occurs. There are also questions of whether reported microcephaly and Guillian-Barré syndrome could be linked to Zika, but this is still under investigation. To be cautious, women who are pregnant should consider postponing travel to areas where Zika virus is present. Women who must travel to these areas should follow strict steps to avoid mosquito bites. Women who are trying to become pregnant should talk to their health care provider about the risk of Zika infection.

Since the mosquitoes that spread Zika are found in the US, it is possible that local spread of the virus could occur. The best way to protect against Zika and other diseases that are spread by mosquitoes is to avoid being bitten.

- Wear long-sleeved shirts and long pants tucked into your socks.
- Ensure window screens and door screens are intact to keep mosquitoes outside.
- Sleep under a mosquito net if you are outside.
- Use an insect repellent approved by the Environmental Protection Agency (EPA), and always follow the manufacturer's instructions.
- Do not use insect repellent on babies younger than 2 months of age. Instead, dress them in clothing that covers arms and legs and cover their stroller or baby carrier with mosquito net.
- Treat clothing and gear with permethrin or purchase permethrin-treated items. Do **NOT** use permethrin products directly on your skin.

Learn more by visiting www.phelpscountyhealth.com, or call (573) 458-6010.
The Phelps/Maries County Health Department – caring for your family,
caring for our community, caring for YOU!



Public Health
Prevent. Promote. Protect.



Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401
(573) 458-6010 office

www.phelpscountyhealth.com