

## ZIKA - Tips for you and your family



If a person is bitten by a mosquito infected with Zika, they usually develop symptoms within 2–7 days after the bite. However, only about 1 in every 5 people infected will develop any signs or symptoms.

People that do have symptoms can experience rash, fever, joint pain, and red eyes (conjunctivitis).

The most likely way to acquire Zika virus infection is through the bite of an infected mosquito.

There are very few mosquito-borne diseases that have vaccines approved for human use. Therefore, the most effective way to protect your self is with protection from the mosquitoes themselves. Luckily, there are a number of simple measures that will help protect you, your family, and your home. They can be divided into two categories; interventions that provide personal protection from mosquitoes, and interventions that protect your home.

### **Personal Protection**

- Wearing insect repellent when outdoors and at all times of day. Be sure to apply it according to the package instructions, and always apply after sunscreen.
- If you choose to open the windows and doors ensure that they have intact screens installed.
- Wearing long sleeves and long pants when outdoors at all times a day, when possible.

### **Homeowner Protection**

The most effective ways to protect your home and by extension, you and your family, from mosquitoes includes the following:

- Always use air conditioning over leaving the windows and doors open.

If you do chose to open the windows and doors ensure that they have intact screens installed.

- Keep your yard clean and clear from debris, this reduces the number of places mosquitoes can lay their eggs. Make sure to dump or cover all water holding containers regularly. Mosquitoes can lay their eggs in almost any standing water.
- If you have any standing water that can't be dumped, such as pools, ponds, etc., be sure to treat those with the appropriate chemicals. This will stop mosquitoes from laying eggs on your property.

For additional information visit the Center for Disease Control and Prevention website

<http://www.cdc.gov/>