



*Healthiest Nation 2030*

**April 3 - 9, 2017**







**San Benito County Public Health Services  
wishes you Happy Public Health Week!**

## **Friday is “Zika Bytes”**

Public Health reminds you to continue protecting yourself from mosquito bites when traveling to areas with known transmission of Zika virus. Zika virus infection is still a threat. To date, there has been NO local transmission of Zika virus in California. However, there have been cases of local transmission in Texas, Florida, many areas of Mexico, Central and South America, Asia, Caribbean, Pacific Islands, etc. With the arrival of spring and summer, we urge you to take precautions if traveling to these areas or other areas with known Zika virus transmission.

Zika virus can spread through bites of the *Aedes aegypti* or *Aedes albopictus* mosquitoes. These mosquitoes have not been detected in San Benito County but do exist in several other areas of California. Zika virus can also be transmitted by both men and women during sex. In areas where the *Aedes* mosquitoes live, if an *Aedes* mosquito bites an infected person, it can spread the virus by biting another person.

Though most people who are infected with Zika virus do not experience any symptoms, symptoms of infection can include: fever, rash, joint pain, conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days after bitten by an infected mosquito. There is currently no vaccine or treatment for Zika other than rest, fluids and fever relief. The most serious consequence of Zika infection has been severe birth defects, such as microcephaly, in babies born to mothers who had been infected with Zika during pregnancy. Therefore, pregnant women and couples considering pregnancy, need to be particularly cautious if traveling to areas with known Zika transmission. Couples must protect themselves against mosquito bites and use condoms to avoid getting or passing Zika during sex. The Centers for Disease Control urges pregnant women to avoid travel to these areas if at all possible. The best way to protect yourself from Zika infection is to prevent mosquito bites by:

-  Applying repellents containing EPA-approved DEET, picaridin, oil of lemon eucalyptus or IR3535 to exposed skin and/or clothing
-  Wear long-sleeved shirts, long pants, socks and shoes when outdoors
-  Use window and door screens to prevent mosquitoes from coming inside
-  Get rid of standing water outside around your home; use larvicides if necessary

If you suspect that you've been exposed to Zika, please contact your healthcare provider immediately so that he/she can determine if you need to be tested.

