

ZIKA: PREVENTION TIPS



WHAT WE KNOW:

- No vaccine exists to prevent Zika
- Zika is an emerging mosquito-borne virus
- Zika causes a mild illness or no symptoms at all, but the virus can sometimes have serious complications, especially to developing fetuses
- Mosquitoes that spread chikungunya, dengue and Zika are aggressive daytime biters, but they can also bite at night
- These mosquitoes are abundant in many urban environments of Texas
- The best prevention is to avoid mosquito bites
- It's been shown that the virus can also be spread human to human through sexual interaction, but this mode of transmission remains rare

PREVENT BITES:

- Cover exposed skin with long-sleeves and pants
- Wear light-colored clothing (mosquitoes like dark colors)
- Use an insect repellent containing 25% DEET or 20% Picaridin
- Apply sunscreen first and insect repellent second
- Consider permethrin-treated clothing and gear (or treat them yourself)

PROTECT YOUR HOME:

- Screen in windows and doors and repair holes to keep mosquitoes at bay
- Use air conditioning when available, mosquitoes prefer hot environments
- Eliminate standing water by emptying, scrubbing and turning over or throwing out items that hold water (once per week)
- Mosquitoes can breed in standing water as small as what is contained in a bottle cap and the eggs can survive even without water for months

IF YOU HAVE ZIKA, PROTECT OTHERS FROM GETTING SICK:

- Prevent mosquito-borne transmission by avoiding mosquito bites during the first week of illness
- Prevent Zika from spreading through sexual contact, use barrier contraceptives, like condoms

**FOR MORE INFO
ONLINE:**

vitalrecord.tamhsc.edu/zika360

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