

Zika is caused by a virus that is spread to people through the bite of an infected *Aedes* species mosquito. Since 2015 Zika has been identified in several countries and territories including Central and South America, Mexico, the Caribbean, Africa, and the Pacific Islands. All current cases of Zika are travel-associated meaning that a person with Zika became infected outside the U.S. in an area with ongoing Zika transmission and then traveled to the U.S. There is no known local transmission of Zika in New Jersey, which means that mosquitos in our area have not been infected with Zika virus. There have also been some reported cases of sexual transmission of Zika by a man to his sex partners.

Symptoms of Zika include fever, rash, joint pain, red eyes, muscle aches, and headache. Only one in five people will show signs and symptoms of Zika. The illness is usually mild with symptoms lasting several days to a week. At this time there is no vaccine to prevent and no medicine to treat Zika virus disease.

The best way to protect yourself and your family from mosquito bites and to prevent mosquito-borne diseases is to wear long-sleeved shirts and long pants, treat your clothes with permethrin, use Environmental Protection Agency (EPA)-registered insect repellents and follow label instructions, and use air conditioning or window/door screens to keep mosquitoes outside.

Pregnant women who do not have any symptoms of Zika and have traveled to an area with ongoing Zika transmission should talk to their health care provider about their travel even if they do not feel sick. Pregnant women who develop symptoms of Zika after traveling to a country where Zika has been reported should see a doctor and inform them of their recent travels. A woman who is pregnant or planning on becoming pregnant should postpone travel plans to Zika affected areas. A woman should also speak to her health care provider if her male sex partner has recently traveled to an area with ongoing Zika transmission.

## RULES OF MOSQUITO CONTROL

## Zika Virus information

Friday, 22 April 2016 13:05

---

- Eliminate all standing water.
- Dispose of all useless containers that hold water. If you wish to save any containers, turn them upside down.
- Cover and/or seal all containers, garbage cans and dumpsters.
- Clean roof gutters and drainage ditches.
- Old tires may fill with stagnant water. Dispose of them properly or bring them inside.
- Change water in birdbaths and fountains weekly.
- Empty wading pools when not in use and keep swimming pools clean and filtered.
- Install and repair proper screening for windows and doors to help keep mosquitoes from coming into the house.
- Trim weeds and grass around your property.

For more information, please visit the following websites:

Centers for Disease Control and Prevention - <http://www.cdc.gov/zika/>

New Jersey Department of Health - <http://www.state.nj.us/health/cd/zika/index.shtml>