



# South Central's Health on Blast

## *Zika Virus Disease*

The Zika virus disease is spread mostly by the bite of an infected Aedes mosquito. These mosquitoes are aggressive daytime biters, but can also bite at night.

Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.

Travel-associated Zika virus disease cases reported in NC: 62 out of 2,920 cases reported in the US.

The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes).

The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito.

# South Central's Health on Blast

People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Only about one in five people infected with Zika virus disease will show symptoms.

Once a person has been infected, he or she is likely to be protected from future infections.

To protect yourself and your family against mosquito bites:

- Reduce time spent outdoors, particularly during early morning and early evening hours when mosquitoes are most active;
- Wear light-colored long pants and long-sleeved shirts; and
- Apply EPA-approved mosquito repellents to exposed skin areas, following **the NC Health and Human Services guidelines**.

# South Central's Health on Blast

To reduce mosquito breeding areas around your home:

- Remove any containers that can hold water — especially old tires;
- Keep gutters clean and in good repair;
- Repair leaky outdoor faucets and change the water in bird baths and pet bowls at least twice a week;
- Use screened windows and doors and make sure screens fit tightly and are not torn; and
- Keep tight-fitting screens or lids on rain barrels.

<http://epi.publichealth.nc.gov/zika/>

<http://epi.publichealth.nc.gov/cd/arbo/prevent.html>