

Coos Health & Wellness

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FOR IMMEDIATE RELEASE

Zika Virus Update and Prevention Steps

Zika virus transmission has been widespread in the Region of the Americas since 2015. It is therefore important that we provide updated information about the disease, its modes of transmission, and how to prevent it. This PSA also provides information on the current areas with active Zika virus transmission.

Zika virus signs and symptoms

The most common signs and symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis. The illness is usually mild, with symptoms lasting from several days to a week. There is increasing evidence that Zika virus infection during pregnancy is associated with early pregnancy loss, microcephaly, and other pregnancy problems.

Modes of transmission for Zika virus

Zika virus is spread primarily through the bite of infected *Aedes* species mosquitoes, but it can also be transmitted during sex by a man to his partners and from a pregnant woman to her developing fetus.

Preventing Zika virus infection

The main steps are to prevent mosquito bites when travelling to an area with active Zika virus transmission.

The Center for Disease Control (CDC) recommends special precautions for pregnant women. Pregnant women are advised not to travel to areas with active Zika virus transmission and to consistently and correctly use condoms during sex (i.e., vaginal intercourse, anal intercourse, or fellatio) or to abstain from sex for the duration of the pregnancy with male partners who reside in or have traveled to areas with active Zika virus transmission (<http://www.cdc.gov/zika/geo/index.html>).

Pregnant women who live in or must travel to one of these areas should talk to their health care provider and strictly follow steps to prevent Zika virus infection acquisition from mosquito bites (<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>) and through sexual transmission (<http://www.cdc.gov/zika/transmission/sexual-transmission.html>).

Steps to prevent mosquito bites

- Use a type of repellent that contains the following active ingredients: DEET, Picaridin, Oil of lemon eucalyptus or PMD and/or IR3535; always follow the product directions and reapply as directed;
- Cover exposed skin by wearing long-sleeved shirts, long pants and hats;
- Stay and sleep in screened or air-conditioned rooms;
- Use a bed net if the area where you are sleeping is exposed to the outdoors;

Where is Zika virus prevalent?

Persons who are planning travel should visit CDC's Travelers' Health site (<http://wwwnc.cdc.gov/travel/page/zika-travel-information>) for the most up-to-date travel information. Areas with active Zika virus transmission are likely to change over time and might include locations not yet listed. CDC has published interim guidelines and additional updates on Zika virus disease and will continue sharing information as more is learned.

For more information go to <http://www.cdc.gov/zika/>

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