

# PREVENTION for pregnant women and women planning to get pregnant

In addition to using the 4Ds, pregnant women and women trying to get pregnant can protect themselves and their unborn children from Zika virus by taking the following precautions:

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing.
- Pregnant women who do travel to one of these areas should talk to their doctor or other health-care provider first and strictly follow steps to avoid mosquito bites during the trip.
- Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness.
- Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.

## Learn More About Zika Virus

Talk to your doctor about any questions or concerns you may have.

### Local, State and National Resources

Dallas County Health and Human Services  
(214) 819-2115  
[www.dallascounty.org/hhs](http://www.dallascounty.org/hhs)

Texas Department of State Health Services  
(512) 458-7255  
[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

Centers for Disease Control and Prevention  
(888) 246-2675 (English)  
(888) 246-2857 (Spanish)  
(866) 874-2646 (TTY)  
[www.cdc.gov/zika](http://www.cdc.gov/zika)

# ZIKA VIRUS



*Aedes  
albopictus*

The *Aedes aegypti* and *Aedes albopictus* are aggressive daytime biters, with peak feeding activity at dawn and dusk.

*Aedes  
aegypti*



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## What is Zika virus?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes).

The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

**Zika virus is cause  
for staying informed  
- not for panic.**

Learning about the virus and ways to prevent infection is important. Steps you take can help protect you from other mosquito-borne diseases, too.



## How does Zika virus spread?

While sexual transmission of Zika virus is possible, it is spread to people primarily through the bite of an infected *Aedes* species mosquito.

The mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots, and vases. They are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth.

It is possible that Zika virus could be passed from mother to fetus during pregnancy.



# What are the symptoms of Zika virus?

About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).

The most common symptoms of Zika virus are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.

The illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon. Deaths are rare.



See a healthcare provider if you visited an area where Zika virus is present or had sexual contact with a person who traveled to an area where Zika virus is present.



# How is Zika virus treated?

**No vaccine or medications are available to prevent or treat Zika infections.**

Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicines, such as acetaminophen or paracetamol, to relieve fever and pain.
- Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, should be avoided until dengue can be ruled out to reduce the risk of hemorrhage. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

# What should I do if I have Zika virus?

**If you have Zika virus, avoid mosquito bites for the first week of your illness.**

- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.
- An infected mosquito can then spread the virus to other people.

# What is Dallas County doing?

Dallas County uses an **Integrated Mosquito Management**

program to control the mosquito population. **IMM** uses various techniques that include the following tools:



## Surveillance

Collect mosquitoes to determine the location, species, quantity and virus potential.

## Source Reduction

Investigate and remove water sources that support mosquito breeding habitats.

## Larvicide

Use mosquitofish or EPA-approved products to kill mosquito larvae in standing water.

## Adulticide

Spray EPA-approved products from trucks and planes to reduce mosquito populations.

## Public Awareness

Inform the public by press releases, public information campaigns, websites, pamphlets and presentations.

## Personal Protection

Encourage changing personal habits to reduce mosquito bites. This means **YOU** and how you can protect yourself, your family and community.

**SSLAPP back mosquitoes!**

# PREVENTION

**EVERYONE should defend by using the 4Ds**

## **DEET All Day Every Day**

- Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.



## **Dress**

- Wear long, loose and light-colored clothing outside.



## **Drain**

- Remove all standing water in and around your home.
- Empty, remove, cover or turn upside down any containers that will hold standing water (bottles, cans, tires, buckets, flower pots, etc.)
- Change water in pet dishes, wading pools and birdbaths several times a week.



## **Dusk & Dawn**

- Limit outdoor activities during dusk and dawn when mosquitoes are most active.



**In addition to using the 4Ds, travelers can protect themselves by doing the following:**

- Choose a hotel or lodging with air conditioning or screens on windows or doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well-screened.

**In addition to using the 4Ds, sexual partners can protect each other by abstaining from sex or by using condoms consistently and correctly during sex.**