

Zika Virus Prevention

Avoid mosquito bites

- Mosquitoes carrying Zika bite mostly during the day, but you should still remain cautious at night
- Use insect repellent that contains the following ingredients recommended by the EPA:
 - DEET
 - Picaridin
 - IR3535
 - Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
 - Do not use on children under 3 years old
 - 2-undecanone

Follow directions of repellent and reapply as instructed

If using sunscreen, apply sunscreen first then repellent after

Do not use repellent on infants younger than 2 months old

- Do not apply onto a child's hands, eyes, mouth, cuts, or irritated skin
 - Parents/adults: first spray repellent onto hands, then apply to child's face

For more information regarding specific insect repellents, use this [link](#).

- Protect babies and small children
 - Dress them in clothes that conceal arms and legs
 - Use mosquito nets to cover cribs, strollers, and baby carriers
- Use products – mainly clothes, tents, and boots – that have been treated with permethrin

Secure your home from the inside and outside

- Install screens on all windows and doors
- Repair any holes that mosquitoes could travel through
- Stay in air conditioned rooms
- If sleeping outdoors or in areas without air conditioning, use mosquito bed nets
- Empty and clean any and all containers that may have been exposed to mosquitoes and that can hold water (trash cans, birdbaths, pools, etc.)
 - Mosquitoes typically lay eggs near water

Travel safely

- If pregnant or trying to get pregnant, avoid traveling to areas that have a risk of Zika
- Check in with your healthcare provider about any travel plans
- Use [this](#) resource for travel information
- If you must travel, avoid mosquito bites by following the steps listed above.
- If engaging in sexual activity during your trip, be sure to use protection.
 - Zika can be transmitted through vaginal, anal, and oral sex, or with sharing of sexual objects.
 - Zika can remain in semen longer than other bodily fluids, so the span of time in which men and women can pass it is different.
 - Most people with Zika may not even be aware they are infected.
 - May only experience mild symptoms, or none at all
 - Zika can be passed before the onset of symptoms, during the symptoms, or even after the symptoms have subsided.
 - Condoms, both male and female, will help reduce the chance of transmitting Zika
 - Condoms must be used during any sexual activity and throughout the entire duration.
 - Dental dams (click [here](#) for examples) are also recommended when engaging in oral sex.
 - Abstaining from sex entirely will reduce any risk of getting Zika from this type of activity.
- When returning from your trip, continue to follow the steps for avoiding mosquitoes even if you do not feel ill.
 - Continue with these steps for about 3 weeks to prevent the possibility of spreading Zika to mosquitoes that could then spread it to other people.
- If you feel you have symptoms of Zika (list of symptoms [here](#)), see your doctor and discuss your recent travels.
 - Make sure to do this if you are pregnant
 - If you are considering becoming pregnant after traveling to an area with high risk of Zika, discuss [these specific recommendations](#) with your doctor.
- Continue to either abstain from sex or practice safe sex when returning from an area that is at high risk for Zika.
 - This will avoid spreading the virus to your partner.
 - See your doctor to figure out if/when sexual activity can resume.
 - This depends on if your partner also has symptoms or if one of you is trying to get pregnant.

This article brought to you by the Vineland Health Department.

Content Sources: <https://www.cdc.gov/zika/prevention/plan-for-travel.html>

<https://www.cdc.gov/zika/prevention/protect-yourself-and-others.html>

<https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>

<https://www.cdc.gov/zika/prevention/sexual-transmission-prevention.html>