

HEALTH ALERT

ZIKA VIRUS

Zika is linked to a specific birth defect called [microcephaly](#). This link is so strong that the [CDC issued travel guidance for pregnant women and women trying to become pregnant](#), warning them to avoid visiting places where the virus is currently circulating. Travelers should regularly review the [travel alert](#) for updates as more countries are likely to be added to the list.

Limit your exposure to Zika by taking [precautions to prevent mosquito bites](#). Pregnant women, or women planning to become pregnant, should consult with their OB/GYN physician.

Protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Remove standing water from outside spaces. This is a breeding ground for mosquitos.
- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child:
 - **Do not use insect repellent on babies younger than 2 months of age.**
 - Dress your child in clothing that covers arms and legs, or
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **NOT** use permethrin products directly on skin. They are intended to treat clothing.

Go to www.cdc.gov to get the latest information on Zika virus.

Stay well!!!

TSU Health Services