

Zika Virus Communications

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Zika Virus Fact Sheet



What is Zika Virus?



Zika is a viral disease that is spread primarily through the bite of an infected *Aedes* species mosquito. This mosquito is an aggressive daytime biter and prefers to live both indoors and outdoors close to people. Zika virus can cause illness that lasts several days or up to a week. Zika virus infection during pregnancy can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects. Currently, there is no cure, vaccine, or direct treatment for Zika virus.

Symptoms

- Four out of five people infected with the virus do not experience any symptoms
- For people who do develop illness, the most common symptoms are:
 - ◆ Fever
 - ◆ Rash
 - ◆ Joint Pain
 - ◆ Conjunctivitis (red eyes)
- Once infected, he or she is likely to be protected from future infections

Transmission

Anyone who lives in or travels to an area where Zika virus is found and has never been infected, can get the virus from a mosquito bite. The virus is also transmitted from:

- Mother to unborn child
- Having sex with a man that is infected by the virus (only sexually transmitted by men)
- Through a blood transfusion

Zika Virus and Pregnant Women



A main health concern of Zika virus is the potential problems that can affect an unborn child. If a woman becomes infected with Zika virus prior to or during pregnancy, she can pass the virus to her unborn child. The virus can cause serious brain damage, such as underdeveloped brain and skull (microcephaly), defects of the eyes, hearing problems and impaired growth.

How to Protect You and Your Family



Use Environmental Protection Agency (EPA) registered insect repellents as directed by manufacturer's guidelines and wear long sleeve shirts and pants

SAFE SEX



Use condoms to prevent the transmission of the virus

Stay indoors and use air conditioners, screen doors, and screen windows to keep mosquitoes out



Be Alert

Currently, there are 41 out of 50 states that have laboratory confirmed Zika virus cases. Take caution when in areas that have confirmed cases of Zika virus.



Eliminate Mosquito Breeding Sites



To prevent mosquitoes from breeding, empty containers that hold standing water such as flower pots, pet dishes, buckets, toys, bird baths and discarded tires.



Zika Virus Update



Zika Virus Update

KEEP CALM & EMBRACE BUG SPRAY



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Symptoms

Four out of five people infected with Zika virus do not experience any symptoms. Once a person has been infected, he or she is likely to be protected from future infections.

- Fever
- Rash
- Joint Pain
- Conjunctivitis (Red Eyes)

Transmission

- From mother to fetus during pregnancy or at delivery
 - Through sex from an infected person to his or her sex partners
 - Through a blood transfusion
- Anyone who lives in or travels to an area where Zika virus is found and has not been already infected with Zika virus can become infected. The virus is also transmitted:

Zika virus has also been linked to Guillain-Barre Syndrome, which can start as weakness and tingling in the feet and legs that spreads to the upper body. Paralysis can occur.



Be Alert



As of August 2016, there have been 6 laboratory confirmed Zika virus cases transmitted by local mosquitoes in the state of Florida. According to the Centers for Disease Control and Prevention (CDC) Zika Response plan, the outbreak is currently in phase level 3, confirmed multi-person local transmission. CDC has sent staff to the Miami-Dade County area to assist the state and local health departments with confirmed and suspected cases.

HOW TO PROTECT YOU AND YOUR FAMILY



If possible, avoid travel to an area with Zika virus



Wear long-sleeved shirts and pants

Treat clothing and gear with permethrin or buy permethrin-treated clothing

- Do not apply directly to skin
- Follow instructions carefully to determine how long and after how many washes the product will last



Stay indoors and use air conditioners, screen doors and windows to keep mosquitoes out



Use environmental protection agency (EPA) approved insect repellents as directed

SAFE SEX

Use condoms to prevent transmission of the virus from an infected person to his or her partner

Eliminate Mosquito Breeding Sites

To prevent mosquitoes from breeding, empty containers that hold standing water such as flower pots, pet dishes, buckets, toys, bird baths and discarded tires.

ZIKA VIRUS AND PREGNANT WOMEN



The greatest concern of Zika virus is the health complications it has on the unborn fetus. If a woman becomes infected with Zika virus, she can pass the virus to the fetus. The virus can cause microcephaly, which is an underdeveloped brain and skull, and other defects, such as, defects of the eyes, hearing problems, and impaired growth.

How Long Should You Wait Before Trying to Have a Baby When Living in an Area with Zika Transmission?

	Women	Men
With Zika Symptoms	At least 8 weeks after symptoms	At least 6 months after symptoms start
No Zika Symptoms	Talk with doctor or health care provider	Talk with doctor or health care provider

For more information please contact your local health department at or Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/zika/>

Released on August 18, 2016



Zika Virus Update #2



ZIKA UPDATE

Precautions during Sex

How Zika is Spread Through Sex

- 🕒 Zika can be passed through sex from a person with Zika to his or her partners. Sex includes vaginal, anal, and oral sex.
- 🕒 Zika can be passed through sex, even if the person does not have symptoms at the time. It can be passed from a person with Zika before their symptoms start, while they have symptoms, and after their symptoms end.
- 🕒 Though not well documented, the virus may also be passed by a person who carries the virus but never develops symptoms.

For People Living in an Area with Zika or Have Traveled to an Area with Zika

If you or your partner are pregnant	<p>Pregnant women should not travel to areas with Zika. If you must travel to an area with Zika, talk to your healthcare provider.</p> <p>Use condoms from start to finish, every time you have vaginal, anal, and oral sex, or do not have sex while pregnant.</p> <p>It is also very important to see a healthcare provider to discuss your options during pregnancy.</p> <p>Learn more by clicking here, or visit www.cdc.gov/zika/pregnancy/protect-yourself.html.</p>
If you and your partner are planning a pregnancy	<p>Discuss your plans for pregnancy with a healthcare provider to determine your risk and the options available.</p>
If you and your partner are not pregnant and are not planning a pregnancy	<p>Men: consider using condoms or not having sex for at least 6 months after symptoms begin.</p> <p>Women: consider using condoms or not having sex for at least 8 weeks after symptoms begin.</p> <p>Men & Women: consider using condoms or not having sex as long as there is Zika in the area. After returning from travel, consider using condoms for at least 8 weeks. If either of you or your partner develop symptoms of Zika or have concerns, talk to a healthcare provider and follow the guidelines above.</p>

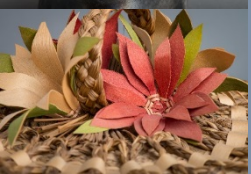
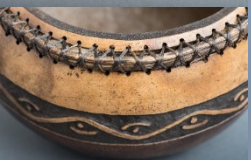
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Released on September 13, 2016
 USET Tribal Epidemiology Center

Q & A with USET's Southern Tribal Nations



- The USET Tribal Epidemiology Center conducted a brief question-and-answer conference call with the Tribal Nation Health Director and/or Environmental Director with the nine southern Tribal Nations that USET serves to assess the knowledge and awareness of the current Zika virus outbreak.
- At that time, none of the nine Tribal Nations had identified a lab-confirmed Zika virus case within their community.
- For many of the Tribal Nations, the potential of Zika virus affecting their citizens is currently a low to intermediate priority/concern.
- Most reported hearing about the outbreak on television and were only concerned because they have a high population of mosquitoes.





Q & A continued



- Tribal Nations either have an in-house mosquito control program or rely on mosquito spraying from their local county or parish.
- Many are aware of how to prevent or eliminate mosquito breeding sites and more than half engage in actively removing or dumping containers with standing water.
- Only one Tribal Nation stated that they were offered assistance from their state public health department for Zika education, prevention, and preparations for local transmission.



Q & A continued

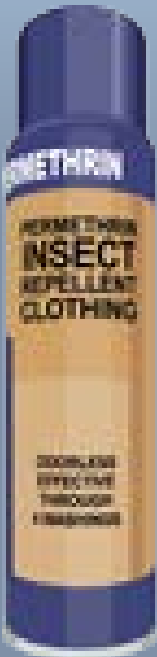


- The most requested resource were educational materials that can be disseminated to Tribal Nation citizens and materials for healthcare providers who may treat expectant mothers who have been exposed to Zika.
- Best practices were also requested that could be applied to or adapted for Tribal Nations.

Building a Zika Prevention Kit



- If your room is not well screened, use a bed net when sleeping or resting
- Use insect repellent that is EPA-registered
- Use water treatment tabs to kill larvae in standing water around your house
- Spray your clothing and gear with permethrin to help protect yourself from mosquito bites
- If you have sex with a partner who may have been exposed to Zika, you should use condoms the right way every time.



Zika Virus Prevention



Questions ?

