



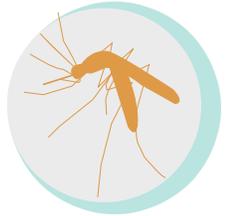
Harris County
Public Health
Building a Healthy Community

First Responders NEED TO



Zika Basics

Zika virus is a disease **spread primarily through the bite of an infected Aedes mosquito**, the same mosquitoes that spread other viruses such as dengue and chikungunya. The most common symptoms of Zika are **fever, rash, joint pain, and conjunctivitis (red eyes)**. The illness is **usually mild with symptoms** lasting several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and death is rare. There is no vaccine to prevent or medicine to treat Zika virus. During **pregnancy**, Zika virus can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects, and Guillain-Barre Syndrome. Though Zika is primarily a mosquito-borne virus, spread of the virus through sexual contact has been reported. If individuals have **traveled to Zika-infected areas** and become sick it is recommended that they use safe-sex practices and **notify their healthcare provider** for further evaluation.



Personal Protection

- Wear **long-sleeved shirts, long pants and socks**.
- Use an **EPA-registered insect repellent** containing one of the following: DEET, picaridin, IR3535, or oil of lemon eucalyptus.
- **Do not spray repellent on the skin under clothing**. Reapply insect repellent as directed on label.
- **Apply sunscreen before** applying insect repellent.
- Treat clothing and gear with **permethrin** or buy permethrin-treated items.
- After returning indoors, wash repellent from skin using soap and water. **Wash clothes treated with repellent** on a regular basis.
- When possible, stay in screened-in areas, avoid standing water and practice other **mosquito prevention strategies**, on and off the job.



Public Interaction

When interacting with individuals who could possibly be infected, take caution to inquire about recent travel to endemic areas and notify responding emergency medical personnel. Always remember to follow standard infectious disease procedures, such as avoiding contact with blood or other bodily fluids and using basic infection control procedures. [Learn more here.](#)



WE NEED YOU!

CALL IT IN! If you see situations that can breed mosquitoes while you're on the job, such as:

- Tires
- Junk/Debris Piles
- Pools of Standing Water

- **City of Houston: 3-1-1** (inside Houston city limits)
- **Environmental Public Health: 713-274-6300** (unincorporated Harris County)



More information at: www.hcphtx.org/Zika