

Everything you need to know about Zika Virus



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are travel-related cases in New Orleans but no locally transmitted cases.**

Currently the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department (NOHD) are working with partners to provide you with information about Zika. NOTCMB is monitoring the mosquito population. Mitigation efforts to limit the mosquito population will utilize a combination of chemical control and habitat reduction methods as needed.

What is Zika?



Zika virus disease (Zika) is a disease spread to people primarily through the bite of an infected mosquito. It can also be spread when an infected person has sex with another person. Most people with Zika do not know they have it. Symptoms are usually mild, lasting about a week.

Common Symptoms: Fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms include headache and muscle pain.

If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

How businesses can help



- Practice mosquito control efforts by removing standing water from your property. Dump, drain, turn over, or cover all containers that can hold standing water including flower pots, trash cans, decorative vases, and ashtrays.
- Consider contacting a pest control company for spraying.
- Keep doors and windows closed to keep mosquitoes out.
- If you have employees that work outdoors, recommend that they wear insect repellent to protect themselves.
- If you have guests who have traveled to a Zika affected country and are sick, they can call the Louisiana Department of Health at (800) 256-2748.

Travel Advisory

Level 2:

Practice Enhanced Precautions

For a list of affected countries:

Visit cdc.gov/travel

How to protect yourself



Cover your skin by wearing long-sleeve shirts and long pants. For extra protection, treat clothing with the permethrin insect repellent.



Remove standing water around the home in places such as plant containers, tires, pet dishes and buckets.



Daytime is when mosquitoes that spread Zika virus are aggressive daytime biters, but they can also bite at dawn and dusk.



EPA-registered insect repellents

when used as directed, are proven safe and effective even for pregnant or breastfeeding women.

- Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Reapply insect repellent as directed.
- Apply sunscreen before insect repellent.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.



Practice safe sex because zika can be sexually transmitted. It is important to always use condoms.