MOSQUITOES & THE ZIKA VIRUS:

Information & tips on how to reduce risk from the ***Suffolk County Department of Health Services***

ZIKA VIRUS

The Zika virus was first found in humans in 1952 in Africa. In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. As of April 2016, all cases of Zika virus in New York have been associated with travel to areas where outbreaks are taking place.

Infection with Zika virus is usually mild, with most people showing no symptoms. However it is now established as a cause of severe birth defects and serious medical complications. If you are pregnant or are trying to get pregnant and think that you may have been exposed to the Zika virus, or if your partner recently traveled to an area with Zika virus, you should discuss it with your OB-GYN or primary care provider.

PROTECT YOURSELF FROM MOSQUITO BITES

- Cover your skin: wear shoes and socks, long pants and a long-sleeved shirt when outdoors for long periods or when mosquitoes are more active.
- Apply repellent according to label directions.
- Cover baby carriers with mosquito netting when outside.
- Close doors and make sure windows have screens on them.

See the Centers for Disease Control and Prevention web site for more information: http://wwwnc.cdc.gov/travel/page/avoid-bug-bites

PRECAUTIONS WHEN USING MOSQUITO REPELLENTS

- Avoid prolonged and excessive use of repellents.
- Use only EPA-registered repellents that contain between 20% and 35% DEET.
- Do not allow children to apply repellents themselves. Apply to your own hands and then put it on the child. Do not apply to children's hands. Do NOT use repellent on babies younger than two months old.
- Do not apply near eyes, nose or mouth; use sparingly near ears.
- Do not apply to sunburned, cut, bruised or irritated skin.
- After returning indoors, wash skin and clothing.

Other repellents protect against mosquitoes but may not be effective against ticks or other bugs: Picaridin (a.k.a. KBR 3023, Bayrepel, and icaridin); Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD); and IR3535.

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#ZikaActionNY

May 14th is Suffolk County Zika Action Day

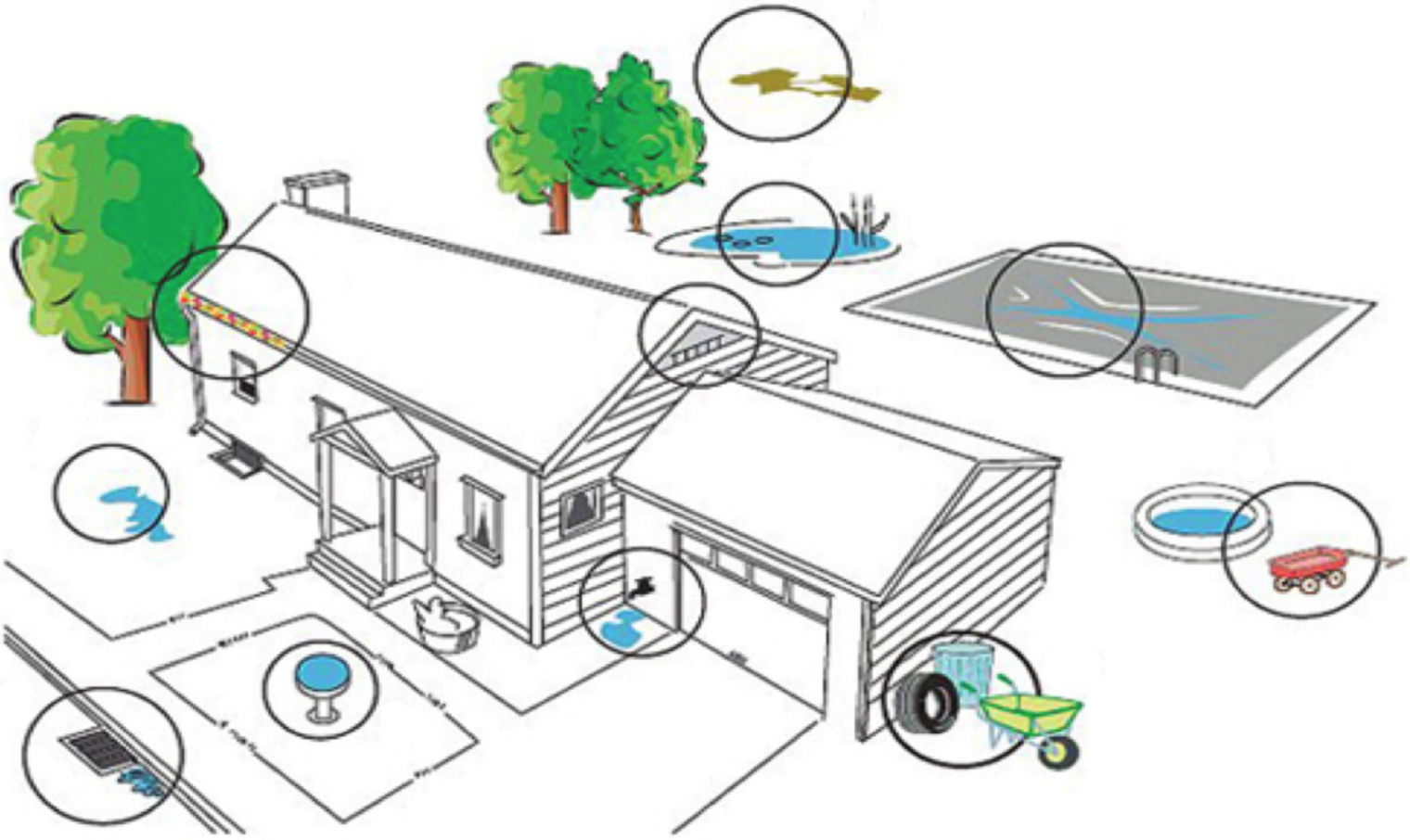
Together we can reduce the numbers of mosquitoes in our communities & stay informed to prevent the spread of the Zika virus.

On May 14th, post a photo of what you & your family are doing to reduce mosquitoes around your home with the hashtag #ZikaActionNY

REDUCE MOSQUITOES AROUND YOUR HOME & YARD

Mosquitoes lay their eggs in or near water, and their offspring "grow up" in water before emerging as adults that fly and bite. Therefore, mosquitoes can be controlled by controlling water.

1. Dump water frequently from outdoor items such as children's toys, bird baths, planters, dog bowls, and garbage cans. Turn upside down, cover, or drill holes in the bottom of items that can hold water.
2. Dispose of used tires, which are a significant mosquito-breeding site. Call your local municipal public works office or the DEC Regional Office to find out how to dispose of used tires properly.
3. Unclog gutters.
4. Tend to your yard and fill in any holes with dirt where water could accumulate.
5. Drain water from pool covers and maintain swimming pools and other water features, such as hot tubs, fountains and ponds.
6. Make sure all window and door screens are free of holes and rips that could let mosquitoes inside.



#ZikaActionNY