

Health Protection Message

There has been a lot of information on Zika in the news lately. The Los Angeles County Department of Public Health is closely monitoring the Zika virus and will provide updates as new information becomes available. Here are some ways to help keep from getting Zika virus disease:

Websites:

<https://youtu.be/yXOOsxYgQ1c>

<https://youtu.be/Lbs9S9BvaVU>

How to Prevent Zika Virus Infection

Avoid travel to areas with Zika virus disease

- All people who do travel to areas with Zika should protect themselves from mosquito bites.
- Pregnant women should avoid travel to areas with Zika because of the chance of severe birth defects in the baby, if the mother gets infected.
- Currently, there is no evidence of local mosquito-borne transmission of Zika in Los Angeles County.

Avoid mosquitos when traveling to affected areas

- Use Environmental Protection Agency (EPA) approved bug spray. These will contain DEET, Picaridin or IR3535 as ingredients.
- Wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites.
- Stay indoors when possible and make sure any open windows or doors have screens to keep mosquitos out.

Pregnant women should take extra precaution because of the link to birth defects

- Pregnant women should avoid traveling to areas with Zika and, if they do go, avoid mosquito bites.
- If you are pregnant and traveled to an area with Zika, call your doctor and talk about your travel, even if you aren't sick.

Zika virus can be sexually-transmitted

- If you are pregnant and your partner traveled to an area with Zika, see your doctor and talk about their travel.
- Men who live or have traveled in a Zika-affected areas and whose partner is pregnant are advised to properly use condoms during sexual activity or abstain from sex with the pregnant partner throughout their entire pregnancy.

Public Health Department is Working for You

Due to the rising concern about Zika virus, Public Health Department has been quick to respond by:

- Investigating possible cases of Zika virus infection in our communities.
- Updating our website and sharing information and education on Zika virus with residents.
- Reaching out to medical providers and people more likely to travel to countries with Zika.

Working closely with vector control agencies.

For more information visit the LA County.gov website:

<http://publichealth.lacounty.gov/media/zika/>