

# Zika in Texas

How to Prevent the  
Spread of the Zika Virus

# Introduction

# Zika in Texas



# Overview of Zika

- Zika spreads primarily through the bite of an infected *Aedes* species mosquito.
- Can be spread through sexual contact and blood transfusion.
- There are no confirmed cases of blood transfusion in the United States. (As of 8/25/2016)
- There are no reports of pets or other kinds of animals spreading or contracting Zika. (As of 8/25/2016)



# Overview of Potential Health Risks

- While many with Zika do not become ill or have no symptoms, the virus can cause:
  - Fever
  - Rash
  - Joint Pain
  - Conjunctivitis (Red or Pink Eyes)
- It can be spread from mother to child and has been linked to birth defects such as microcephaly.
- It may also be among the causes of Guillain-Barré syndrome.

# Overview of Zika in Texas

Texas has had **342** reported cases  
of Zika virus disease to date.

(As of 07/25/2017)

# Risks

# What is Driving the Risk for Zika in Texas?

- Primarily spread through a type of mosquito commonly found in South Texas and the coast of Texas.
- Frequently found in urban environments.
- Texas has a long mosquito season and many people travel to places where Zika is active during this time.
- This species of mosquito can breed in as little as a tablespoon of water.
- It commonly breeds in standing water in and around homes and buildings.





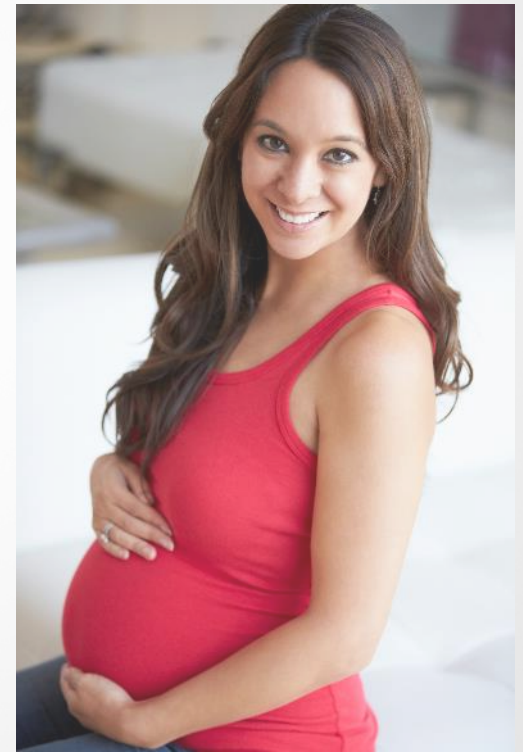
# What are the Main Health Risks?

Zika can be spread from mother to child if the mother is infected with the Zika virus during pregnancy.

It may also be among the causes of Guillain-Barré syndrome, a condition in which your immune system attacks part of your nervous system.

# Detailing the Risks for Pregnant Women

The Zika virus has been linked to birth defects such as microcephaly, a condition where a baby's head is much smaller than expected and that can cause developmental delays.



# Protecting Yourself from Zika



At this time, there is no vaccine available for the Zika virus.

- Your best protection to avoid infection is to eliminate mosquito breeding grounds and to protect yourself from mosquito bites.

# Tips for Prevention



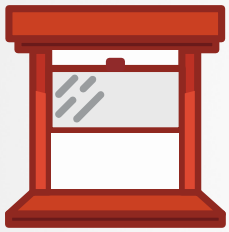
# When You're Outside



- Use EPA-approved insect repellent.
- Wear pants and long-sleeve shirts that cover exposed skin.
- In warmer weather, wear lightweight, loose-fitting clothing to cover exposed skin.



# When You're at Home



- Use screens or close windows and doors to keep mosquitoes out of your home.
- Remove standing water in and around your home. This includes water in cans, toys, tires, plant saucers and any other containers that can hold water.
- Cover trash cans or containers where water can collect.



# Pregnant or Trying to Get Pregnant?

- Use EPA-approved insect repellent.
- Discuss your partner's potential exposures and history of Zika-like illness with your health care provider.
- Call your doctor if you have any concerns.



# Pregnant or Trying to Get Pregnant?

- Talk to your doctor or a healthcare provider about your travel plans.
- Avoid travel to regions where the Zika virus is active.

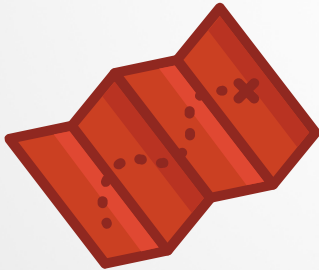




# When You're Traveling

## Before Your Trip

- Check travel notices and avoid Zika affected areas, if possible.



## During Your Trip

- Use EPA-approved insect repellent during your entire trip.
- Wear pants and long-sleeve shirts.
- Use screens or close windows and doors at the places you're staying.
- Take precautions against sexual transmission. Consider abstaining from sex or use condoms correctly.

## After Your Trip

- Use EPA-approved insect repellent for 21 days after you return to the United States.
- Take precautions against sexual transmission for at least eight weeks. Consider abstaining from sex or use condoms correctly.
- Call your doctor if you have concerns.

# If You Work Outside



- Apply EPA-approved insect repellent.
- Wear pants and long-sleeve shirts that cover exposed skin.
- In warmer weather, wear lightweight, loose-fitting clothing that covers exposed skin.



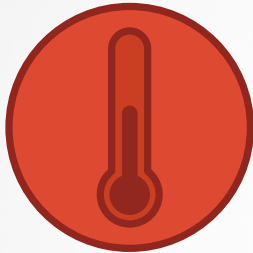
# How to Recognize Zika

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*80 percent of people with Zika do not become ill or have symptoms.*

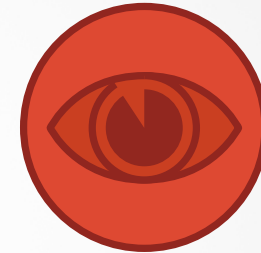
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# Symptoms



If you do show symptoms, the most common are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (Red or Pink eyes)



Other symptoms include:

- Muscle pain
- Headache

# Helping Your Community Recognize the Symptoms

1

Know how to recognize symptoms.

2

Strongly recommend they see a healthcare professional.

3

Provide materials on how to prevent spreading Zika.

# Flu vs. Zika

	Flu	Zika
<b>Symptoms</b>	Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and some people experience vomiting/diarrhea.	One in five people experience mild cases of fever, rash, joint pain, muscle pain, headache or conjunctivitis (red eyes).
<b>Transmission</b>	Person to person.	Mosquito bites, mother to child, through infected blood or sexual contact.
<b>Vaccine</b>	A Flu vaccine is created each year to assist with prevention.	There is currently no vaccine available for Zika virus.
<b>Mortality or other effects</b>	A small proportion of those who contract the flu die.	Researchers are currently investigating if there is a link between Zika and death. It is currently associated with Guillain-Barre and poor pregnancy outcomes.

# Treatment and Testing



# Testing for Zika

- It's important that you talk to your doctor if you have concerns or think you might have been exposed to the virus.
- A diagnosis is based on:
  - A person's recent travel history
  - Symptoms
  - Test results

# How Do We Test for Zika?

- A blood or urine test can confirm a Zika infection.
- Your doctor may order blood tests to look for Zika or other mosquito-borne diseases like dengue or chikungunya.



# Guidance for Pregnant Women

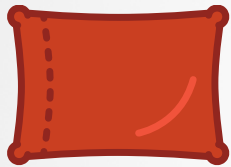
- 1 Begin prenatal care as soon as you know you are pregnant. Pregnant women should continue to receive routine prenatal care.
- 2 If you have any concerns or are experiencing symptoms, talk to your doctor or nurse.
- 3 Protect yourself from sexual transmission and consider abstaining from sex or using condoms.

# Guidance for Pregnant Women

Review the risks for potential Zika exposure, including:

- Travel to at-risk areas.
- Partner's travel to at-risk areas.

# What to Do if You Have Zika



- Talk to your doctor.
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine, such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Talk to your doctor or healthcare provider before taking additional medication.



# What to Do if You Have Zika

During the first week of infection, the Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.

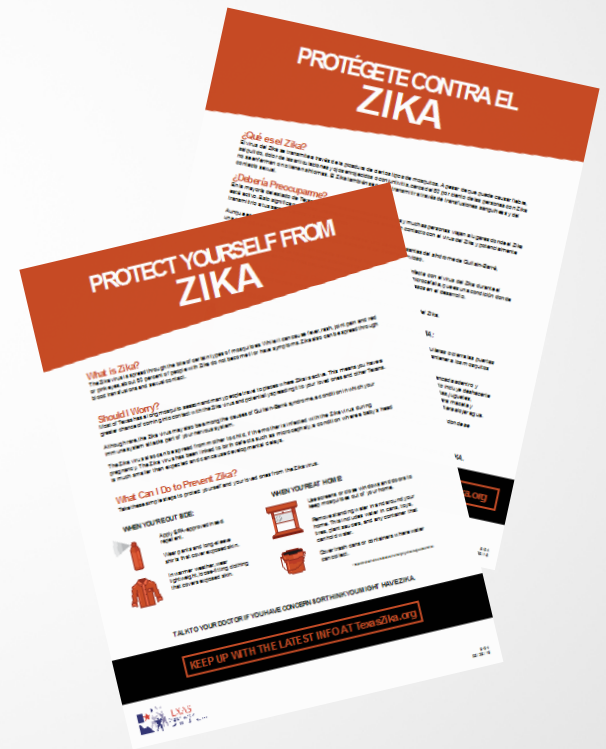
- Use EPA-approved insect repellent to avoid bites.
- Take precautions against sexual transmission for at least eight weeks.

# Protecting Your Community



# Awareness is Key

- DSHS provides free informational materials at [TexasZika.org](http://TexasZika.org).
- Share information far and wide with your employees, volunteers, neighbors and community stakeholders using the Communications Toolkit available for your use.
- Materials are available for download or order at [TexasZika.org](http://TexasZika.org).





# Simple Steps to Help Protect Employees, Volunteers and Stakeholders

- Recommend clothing that covers exposed areas.
- Ask employees or volunteers to notify you of any areas that have a large population of mosquitoes or standing water.
- Use free materials available at [TexasZika.org](http://TexasZika.org) to share information about how to protect against mosquito bites.
- Conduct routine mosquito control in areas you might have outdoor activity.

# Support a Zika Task Force

- **Volunteer Clean-Up:** Create groups responsible for monitoring areas known for standing water or mosquitoes and coordinate community clean-ups.
- **Host Zika Action Days:** Work with DSHS or local public health officials to host a community event for your stakeholders to answer Zika questions, conduct clean-up demonstrations and provide materials to protect against Zika.
- **Community Outreach:** Conduct neighborhood outreach about precautions people can take to protect themselves and their families from mosquito bites.
- Consider creating a Zika Prevention Kits. ([CDC website](#))



# Resources

# Resources to Remember

- [TexasZika.org](http://TexasZika.org)
- [CDC.gov/Zika](http://CDC.gov/Zika)

# Thank you.

Email DSHS for More Information

[DSHS.Communications@dshs.state.tx.us](mailto:DSHS.Communications@dshs.state.tx.us)