



Health Division urges summer travel precautions against Zika Virus

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NEWS RELEASE

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Kathleen Forzley, RS, MPA
Manager / Health Officer

Health Division urges summer travel precautions against Zika Virus

PONTIAC, Mich., June 7, 2016 – As summer travel begins, Oakland County Executive L. Brooks Patterson and Oakland County Health Division remind residents - especially pregnant women - to take precautions to protect themselves from Zika virus and other mosquito-borne diseases.

"The Centers for Disease Control and Prevention (CDC) recommends that women who are pregnant in any trimester should avoid travel to any area where Zika virus transmission is ongoing," Patterson said.

If it is necessary to travel to one of these areas, talk to a healthcare provider before embarking on the trip and strictly follow steps to avoid mosquito bites during your trip. Before traveling, women who are trying to become pregnant or thinking about becoming pregnant should talk to a healthcare provider about the risks of Zika virus infection.

"Pregnant women and their unborn infants are most at risk for developing complications from Zika virus, including microcephaly and other severe fetal brain defects," said Kathy Forzley, health officer/manager of the Oakland County Health Division. "If you are pregnant or have a pregnant partner and must travel to an area

where Zika virus is spreading, talk to your healthcare provider before traveling and strictly follow steps to prevent mosquito bites during your trip."

Because Zika virus can be transmitted sexually, men who have traveled to an area with Zika and have a pregnant partner should use condoms or not have sex during the pregnancy. For up-to-date information regarding CDC's Zika virus travel restrictions, visit <http://1.usa.gov/1Qq5low>

To date, CDC reports 618 cases of Zika virus infection in the United States. All cases have been travel-related, meaning individuals were infected through mosquito bites that occurred while traveling in areas with active Zika virus transmission. A small number of cases (11) resulted from sexual contact with an infected individual who has traveled to Zika-affected areas. Michigan has had four travel-related cases of Zika virus infection.

Zika virus is mainly transmitted through the bite of an infected Aedes mosquito. A mosquito becomes infected from biting a person already infected with the disease. Infected mosquitoes can then spread the Zika virus to other people through bites. A pregnant woman can pass Zika virus to her baby during pregnancy. Zika can cause microcephaly and other severe fetal brain defects. There is no vaccine or specific medicine to treat Zika virus infections. Most people infected with Zika virus may not realize they have been infected or have mild symptoms lasting for several days to one week. The most common symptoms of Zika virus are fever, rash, joint pain or conjunctivitis (red eyes). Symptoms typically begin two to seven days after being bitten by an infected mosquito.

If you must travel to an area with ongoing Zika virus transmission, follow these tips to protect you and your family from mosquito bites:

- Use Environmental Protection Agency (EPA)-registered insect repellent. All EPA-registered insect repellents are evaluated for safety and effectiveness. Always follow the product label instructions.
- Wear protective clothing such as long-sleeved shirts and pants.
- Avoid outdoor activities when mosquitoes are most active.
- Avoid areas where mosquitoes may be present.
- Maintain window and door screens to keep mosquitoes out of buildings. Do not prop open doors.
- Get rid of mosquito breeding sites by removing standing water around your home. Once a week, empty and scrub, turn over, cover or throw out items that hold water such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, roof gutters or trash containers.

For up-to-date information contact the Oakland County Health Division's Nurse on Call at 800-848-5533 or by email at noc@oakgov.com. For up-to-date information about

pregnancy and Zika virus, visit <http://1.usa.gov/1Pf79sK>

For public health information, visit www.oakgov.com/health or find Public Health Oakland on Facebook, Pinterest and Twitter @publichealthOC.

FOR MEDIA INQUIRIES ONLY: Contact Kathy Forzley, health officer/manager of the Oakland County Health Division, at 248-858-1410.



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