



Health Division reminds residents to be aware of Zika when traveling

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For Immediate Release



HEALTH DIVISION

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NEWS RELEASE

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Leigh-Anne Stafford, MSA
Health Officer

Health Division reminds residents to be aware of Zika when traveling

Oct. 15, 2018, Pontiac, Mich. – Oakland County Health Division reminds residents, especially pregnant women and couples trying to become pregnant, to check [Zika](#) virus travel information from the Centers for Disease Control and Prevention (CDC) before taking a trip.

“Anyone making travel plans for the coming months should check the [CDC travel guidance](#) to identify where Zika is still a concern or present,” said Leigh-Anne Stafford, health officer for Oakland County Health Division. “Talk to your healthcare provider about your pregnancy plans and possible Zika risk before travel.”

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 mosquitos can then spread the Zika virus to other people through bites. Transmission may also occur from a pregnant woman to her baby during pregnancy or around the time of birth and can be passed through sex from a person with Zika to his or her partners. There is no vaccine or specific medicine to treat Zika virus infections.

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. Zika can also cause microcephaly and other severe fetal brain defects. CDC recommends the following special travel precautions:

- Women who are pregnant (in any trimester) should not travel to areas with risk of Zika. If travel to one of these areas is necessary, talk to a health care provider first and strictly follow steps to avoid mosquito bites and prevent getting Zika through sexual contact.
- Before traveling, women who are thinking about becoming pregnant should talk to a healthcare provider about the risks of Zika infection.

- Because Zika virus can be transmitted sexually, men who have traveled to an area with Zika and have a pregnant partner or are planning pregnancy with their partner should consider using condoms during sex or not having sex for at least three months to protect their partners from being infected with Zika.

“The best way to prevent diseases spread by mosquitoes is to take precautions to avoid being bitten,” Stafford said.

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, including indoor areas.

For up-to-date public health information, visit www.oakgov.com/health or find Public Health Oakland on Facebook and Twitter @publichealthOC. Nurse on Call is available at 800-848-5533 or noc@oakgov.com, 8:30 a.m.- 5:00 p.m., Monday – Friday.

FOR MEDIA INQUIRIES ONLY: Please contact Leigh-Anne Stafford, health officer for Oakland County Health Division, at 248-858-1410.



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