**Zika Virus Prevention**

 Preventing transmission through **mosquito bites**:

o Most Zika virus infections are transmitted through infected *Aedes* mosquito bites. One species, *Aedes albopictus*, is common in Pennsylvania, particularly in southern Pennsylvania. Actionable measures the public can take to prevent mosquito bites and reduce breeding areas include:

Use EPA-registered mosquito repellants with one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.

Treat clothing and gear with permethrin (but do not apply to skin).

Wear long-sleeved shirts, long pants, socks and shoes if needed.

Repair broken screening on windows, doors, porches and patios.

Drain water accumulating in objects around the home: garbage cans, gutters, buckets, pool covers, coolers, toys, flower pots, etc.

Discard objects not in use around home such as old tires, bottles, cans, etc.

Empty and clean bird baths at least once per week.

Maintain swimming pools in good condition and appropriately chlorinated.

o Persons with recent infection or exposure to Zika virus may contain virus in their blood and could serve as a source of virus to local mosquito populations:

Persons with potential exposure to Zika virus (such as travel to a Zika-affected area) who have not developed symptoms should take enhanced measures to prevent mosquito bites for **3 weeks** after last exposure.

Persons with exposure to Zika virus who develop symptoms should take enhanced measures to prevent mosquito bites during **first week** of illness.

 Preventing transmission from **mother to child:**

o A woman with Zika virus infection can pass Zika virus to her fetus during pregnancy or near the time of delivery.

Men with Zika virus exposure who develop symptoms should wait at least **6 months** after symptoms resolve before having unprotected sex.

Women with Zika virus exposure who develop symptoms should wait at least **8 weeks** after symptoms resolve before attempting pregnancy.

Women and men with Zika virus exposure but not developing symptoms should wait at least **8 weeks** after exposure before attempting pregnancy.

o There are no reports of infants getting Zika virus through breastfeeding to date.

 Preventing transmission through **sexual contact:**

o Zika virus remains in semen longer than in blood and can be spread by an infected man to his sex partners (male and female.)

o Men with exposure to Zika virus should avoid unprotected sex and correctly use condoms during sex (i.e., vaginal intercourse, anal intercourse, or fellatio):

Men who develop symptoms should use condoms for at least **6 months** after symptoms resolve.

Men who do not develop symptoms should use condoms for at least **8 weeks** after possible exposure.

 Preventing transmission through **blood transfusion:**

o Zika virus could be transmitted from viremic blood donations by exposed persons.

Persons with Zika virus exposure who do not develop symptoms should self-defer from blood donations for **4 weeks** after possible exposure.

This information was taken from the PA Department of Health Website. For more information you can visit them at the following website:

<http://www.health.pa.gov/My%20Health/Diseases%20and%20Conditions/U-Z/Zikavirus/Pages/ZikaVirusHomePage.aspx#.V2AWW53D_cs>