

WORK OUTDOORS? PROTECT YOURSELF FROM ZIKA

What is Zika?

The Zika virus is spread through the bite of certain types of mosquitoes. While it can cause fever, rash, joint pain and red or pink eyes, about 80 percent of people with Zika do not become ill or have symptoms. Zika also can be spread through blood transfusions and sexual contact.

Should I Worry?

If you work or spend a lot of time outdoors, there is a greater chance that you could be bitten by a mosquito that may carry the Zika virus.

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

The Zika virus also can be spread from mother to child, if the mother is infected with the Zika virus during pregnancy. 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 can cause developmental delays.

What Can I Do to Prevent Zika?

Take these simple steps to protect yourself from the Zika virus.

WHEN YOU'RE OUTSIDE:



Apply EPA-approved insect repellent.



Wear clothing that covers hands, arms, legs, and other exposed skin. This can include pants, long-sleeve shirts, socks, and hats with mosquito netting.

In warmer weather, wear lightweight, loose-fitting clothing that covers exposed skin.

IMPROVE YOUR OUTDOOR SETTINGS:



Remove standing water in cans, bottles, buckets, tires, wheel barrows or any container that can hold water.



Cover trash cans or containers where water can collect.

*Recommendations are based on emerging knowledge about Zika.

IF YOU THINK YOU MIGHT HAVE ZIKA, TALK TO A DOCTOR OR NURSE.

KEEP UP WITH THE LATEST INFO AT TexasZika.org