

Cape May County Department of Health

What to Know About the Zika Virus

What is Zika?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. Zika virus can be sexually transmitted. Zika typically occurs in Africa and southeast Asia, Southern United States, South or Central America, the Caribbean, Mexico, and Pacific Islands.

Are there any reported cases of Zika in New Jersey?

There has been **no** locally transmitted cases of Zika virus from mosquitoes reported in New Jersey at this time. However, infected individuals coming from Zika active countries could introduce the virus to mosquitoes in the US initiating local transmission.

Why is there a Travel Alert?

Zika virus can spread from a pregnant woman to her unborn baby. Zika virus has been linked to serious birth defects, such as a brain defect called microcephaly, and other poor pregnancy outcomes.

Women who are pregnant should:

- ⇒ Consider postponing travel to any area where Zika virus transmission is ongoing.
- ⇒ If you must travel to one of these areas, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip.

Women who are trying to become pregnant:

- ⇒ Before you travel, talk to your doctor about your plans to become pregnant and the risk of Zika virus infection.
- ⇒ Strictly follow steps to prevent mosquito bites during your trip.

What is Cape May County Doing?

The Cape May County Department of Health and Cape May County Mosquito Control are closely monitoring reports and advisories from the Center for Disease Control & Prevention (CDC), New Jersey State Health Department and World Health Organization (WHO) regarding Zika virus.

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What to Know About Zika

Avoid Mosquito Bites By:

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- Wear long-sleeved shirts and long pants. Treat clothing with permethrin or another Environmental Protection Agency registered insecticide for extra protection.
- Consider bringing insect repellent with you.
- Reapply insect repellent every few hours or as instructed on bottle. Insect repellent with DEET in it lasts longer.
- Limit outdoor activity during dawn and dark.

Precautions around the home include:

- Remove standing water on your property. Mosquitoes can develop in a puddle that lasts more than four days.
- Clean gutters, and make sure that water is running freely.
- Clean and chlorinate any unused pools.
- Maintain screens on doors and windows.

Signs and Symptoms:

Only 20% of those effected by Zika will experience symptoms, the illness is usually mild. The big concern is for pregnant women, due to the high risk of serious birth defects associated with Zika. If you feel that you have come in contact with Zika Virus please consult your primary health care provider.

Symptoms Include:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (Red Eyes)
- Muscle Pain
- Headache

Additional Information:

Cape May County Department of Health:

- Visit <http://www.capemaycountynj.gov/226/Health-Department> and like us on Facebook
- Call: (609)465-1200

Cape May County Mosquito Control :

- Visit <http://capemaycountynj.gov/481/Mosquito-Control>
- Call: (609) 465-9038

Centers for Disease Control:

- [Http://www.cdc.gov/zika/index.html](http://www.cdc.gov/zika/index.html)

New Jersey Department of Health

<Http://www.nj.gov/health/cd/izdp/vbi.shtml> and like them on Facebook