



What can you do?

Everyone should take steps to protect themselves from mosquitoes.

- Minimize time outside when mosquitos are active.
- Control mosquitoes around the home by eliminating standing water where mosquitoes breed.
- Empty water from containers such as garbage cans, wading pools and flower pots.
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or use screens that keep mosquitoes outside.
- Use DEET or picaridin insect repellent on exposed skin.
- Treat clothing and gear with permethrin or buy permethrin-treated items.

Who can you contact if you have questions about what is being done at your installation?



Army Public Health Center (APHC)

Zika virus website:



<http://phc.amedd.army.mil/topics/discond/diseases/Pages/Zika.aspx>



Centers for Disease Control (CDC)

Zika virus website:



<http://www.cdc.gov/zika/index.html>

ZIKA HOTLINE: (800) 984-8523
OVERSEAS: DSN (312) 421-3700
STATESIDE: DSN 421-3700



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Zika virus (Zika) is spread to people through mosquito bites. Symptoms include fever, rash, joint pain and red eyes. The illness is usually mild, with about one in five people infected developing symptoms. Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Zika virus has also been linked to Guillain-Barré syndrome, a disorder in which your body's immune system attacks your nerves.

Present in Africa and Asia for decades, ongoing Zika virus transmission is occurring in South and Central America and the Caribbean. Persons are at risk for infection when travelling to or living in affected areas.

The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission.

Women who are pregnant or trying to become pregnant should postpone travel to areas where Zika transmission is ongoing. Anyone who has traveled to an area with Zika transmission is asked to defer donating blood for 28 days.



ZIKA VIRUS



The risk of Zika infection is reduced by taking measures to avoid mosquito bites and sexual contact with men who have been infected.

How is Zika transmitted?

Zika is one of several diseases spread by the *Aedes* mosquito, which also spreads dengue and chikungunya. People primarily become infected with Zika from mosquito bites. Recent evidence suggests that Zika may also spread through body fluids, sexual activity, blood transfusions and from mother to child during pregnancy.

Where is it found?

Most recently, Zika has been rapidly spreading in South and Central America and the Caribbean.

The virus is expected to spread to some parts of nearly all countries in the Americas. For the most current travel alerts visit: <http://www.cdc.gov/zika/geo/active-countries.html>

What are the symptoms?

About 1 in 5 people infected with Zika will become ill. The illness is usually mild and includes fever, rash, joint pain, or red eyes. Symptoms last from several days to a week.



No vaccine or specific treatments are available to prevent or treat Zika. Recently, Zika infection has been linked to a rare condition called Guillain-

Barré syndrome and to infants born with birth defects. Symptoms of Guillain-Barré syndrome include weakness of the arms and legs that is usually the same on both sides of the body. If you or someone you know develops any of these symptoms, especially after traveling to an area with ongoing Zika transmission, see your healthcare provider.

What are the dangers for pregnant women?

During pregnancy Zika may pass from mother to baby. Some women infected with Zika while pregnant have had babies born with microcephaly, a condition where a baby is born with an abnormally small head and incomplete brain development.

What should you do if you are pregnant or trying to get pregnant?

Women who are pregnant or trying to get pregnant who do not live in areas with active transmission of Zika should postpone travel to areas where Zika transmission is ongoing. Talk to your sexual partners about their potential exposure to Zika and any history of Zika-like symptoms.

Pregnant women or women who are trying to get pregnant, who live in an area with active transmission of Zika, should take special precautions. Pregnant women and their male partners should strictly follow steps to prevent mosquito bites. To prevent sexual transmission of Zika, consider not having sex or use condoms the right way every time during pregnancy. Talk to your healthcare provider about plans to become pregnant. Testing is recommended for pregnant women who live in areas with active transmission of Zika; follow all recommendations for prenatal care. All Army medical facilities have been notified of the concerns surrounding Zika infection and are prepared to assist patients who may have been infected.

Pregnant Soldiers and DOD employees who live or work in an area with active Zika transmission should talk to their chain of command. Your chain of command can provide specific personal protective guidance and resources.

Should Soldiers who are pregnant, nursing, or trying to get pregnant wear an ACU treated with permethrin?

Yes, if you are in an area with active Zika transmission. A permethrin-treated uniform, as part of the DOD Insect Repellent System is your best defense against infected mosquitos. Discuss with your healthcare provider whether or not you are at risk of Zika infection. If your uniform is not treated with permethrin (maternity or untreated ACU) and you and your healthcare provider decide that wearing an ACU with permethrin is the best choice, you can learn how to safely treat your ACU by visiting: <http://go.usa.gov/cymwB/>.

Soldiers should use the DOD Insect Repellent System.

Wear a factory-treated Army Combat Uniform (ACU Permethrin). Check the tag in your uniform to confirm it is factory-treated. The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It does not protect Soldiers from insects. Sleep inside a permethrin-treated bed net.

Properly wear your uniform: tuck trousers into boots and undershirt into trousers, and wear sleeves down and snugly fastened at the wrist. Apply DEET or Picaridin repellent to exposed skin.