

Everything you need to know about Zika Virus



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. There are travel-related cases in New Orleans but no locally transmitted cases.

Currently the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department (NOHD) are working with partners to provide you with information about Zika. NOMTCB is monitoring the mosquito population. Mitigation efforts to limit the mosquito population will utilize a combination of chemical control and habitat reduction methods as needed.

What is Zika?



Zika virus disease (Zika) is a disease spread to people primarily through the bite of an infected mosquito. It can also be spread when an infected person has sex with another person. Most people with Zika do not know they have it. Symptoms are usually mild, lasting about a week.

Common Symptoms: Fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms include headache and muscle pain.

If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

Pregnancy and Zika Virus



Zika can be spread from a mother to her fetus during pregnancy. There have been reports to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant.

Travel Information for women who are pregnant or thinking of becoming pregnant:

-  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.
-  It is safe for pregnant and breastfeeding women to use insect repellent.

Microcephaly is a birth defect where a baby's head is smaller than expected when compared to babies that are the same sex and age. Babies with microcephaly often have smaller brains that may not have developed properly.

Travel Advisory

Level 2:
Practice Enhanced Precautions

For a list of affected countries:
Visit cdc.gov/travel

How to protect yourself



Cover your skin by wearing long-sleeve shirts and long pants. For extra protection, treat clothing with the permethrin insect repellent.



Remove standing water around the home in places such as plant containers, tires, pet dishes and buckets.



Daytime is when mosquitoes that spread Zika virus are aggressive daytime biters, but they can also bite at dawn and dusk.



EPA-registered insect repellents when used as directed, are proven safe and effective even for pregnant or breastfeeding women.

- Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Reapply insect repellent as directed.
- Apply sunscreen before insect repellent.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.



Practice safe sex because Zika can be sexually transmitted. It is important to always use condoms.

Returning from an area with ongoing Zika transmission:

Even without symptoms, females should avoid sex or use condoms for 8 weeks, and males should avoid sex or use condoms for 6 months. Returning travelers should wait this long before attempting to conceive.