

What can I Do?

The best way to avoid Zika virus is to avoid mosquito bites.

Defend yourself using the 4Ds:

DEET All Day Every Day

Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.



Dress

Wear long, loose and light-colored clothing outside.



Drain

Remove all standing water in and around your home.

Empty, remove, cover or turn upside down any containers that will hold standing water (bottles, cans, tires, buckets, flower pots, etc.). Change water in pet dishes, wading pools and birdaths several times a week.



Dusk & Dawn

Limit outdoor activities during dusk and dawn when mosquitoes are most active. Be aware the Aedes mosquitos are aggressive daytime biters as well.



Where can I find more information on Zika?

New Jersey Call Center:

- The NJDOH and New Jersey Poison Information and Education System (NJPIES) have opened a public call center for individuals who have questions about Zika. The call center is open 24 hours a day and is staffed by professionals who can answer questions from the general public and health care professionals in any language. Call: **800-962-1253**
- The CDC web address: <http://www.cdc.gov/zika/index.html>
- For CDC travel health notices: <http://www.cdc.gov/travel/notices>
- NJ Department of Health: <http://www.nj.gov/health/cd/izdp/vbi.shtml>
- County of Gloucester : <http://www.gloucestercountynj.gov>



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ZIKA VIRUS



Aedes aegypti

Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito (*A. aegypti* and *A. albopictus*)

Aedes albopictus



What are the symptoms of Zika Virus?

The most common symptoms of Zika virus are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache .

The illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon. Deaths are rare.

See your Healthcare provider if you develop the symptoms and have visited an area where Zika is present.

Tell your healthcare provider when and where you have recently traveled. Travelers can protect themselves by doing the following:

- Choose a hotel or lodging with air conditioning or screens on windows or doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well- screened.



How is Zika Virus treated?

No vaccine or medications are available to prevent or treat Zika infections.

Symptoms: can be treated as follows:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicines, such as acetaminophen or paracetamol, to relieve fever and pain.
- Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like Ibuprofen and naproxen, should be avoided until dengue can be ruled out to reduce the risk of hemorrhage.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication .

How do I prevent Zika virus?

If you have Zika virus, avoid mosquito bites for the first week of your illness.

- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.
- An infected mosquito can then spread the virus to other people .



What is Gloucester County Doing?

Gloucester County is using an Integrated Mosquito Management program to control the mosquito population. This program uses various techniques that include the following:

Surveillance

Collection and identification of mosquitoes for lab analysis of the virus and increased survey of areas for pesticide applications

Larvicide

Use mosquito-fish or EPA approved products to kill mosquito larvae in standing water.

Requests for Services

County residents, schools, businesses and organizations can call for application of EPA approved pesticides upon request. Mosquito Control can be reached Monday through Friday, 8:00 am– 4:00 pm at: (856) 307-6400.

Public Awareness

Inform and educate the public through press releases, group presentations, website materials, pamphlets, etc. Please contact Gloucester County Health, Monday through Friday, 8:30 am – 4:30 pm at: (856) 218 – 4106.

Reduce Mosquito Breeding Grounds

We work closely with local officials to assure abatement of conditions that support mosquito breeding habitats, such as standing water. Contact the Gloucester County Health Department with any concerns and/or complaints, Monday – Friday, 8:30 am – 4:30 pm at: (856) 218-4170.

Property Owner Guidance

- Monitor your property for any containers holding water and address by emptying daily; cover or drill holes in the bottom of the container if needed.
- Make certain to clean and sanitize your pool.
- Maintain mechanical barriers such as window screening.