

Everything you need to know about Zika Virus

Information for Military



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.

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. NOTCMB 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 spread when an infected man has sex with his partner. 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.

Planning a trip



If you are planning a trip to an area with ongoing Zika virus transmission, you should protect yourself and your family from mosquito bites. There is no vaccine to prevent you from becoming infected.

If you are pregnant, you should consider postponing travel to the areas with ongoing transmission.

If you are thinking of becoming pregnant, talk to your doctor about travel plans.

Returning travelers



If you have recently returned from an area with ongoing virus transmission:

Men: Use condoms with sexual partners or abstain from sexual activity.

Pregnant women: Visit your doctor for follow up. Testing is recommended for women with symptoms within the first week of illness. Even if you do not have symptoms, you can be screened for Zika virus infection.

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.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.