



Protect Yourself From Mosquito Bites

Mosquitoes carry many viruses including [Malaria](#), [West Nile](#), and [Dengue](#). The most recent has been the Zika virus.

[Zika](#) is primarily spread through mosquitoes so it is important to prevent bites and eliminate their breeding grounds. Mosquitoes lay eggs near water and the eggs will hatch once submerged. If conditions are too cold or dry, the eggs will lie dormant for months waiting for their preferred environment. NC winter climates are often not cold enough to kill the eggs.

There is no way to tell who has Zika by looking at them. Only 1 in 5 people show [symptoms](#) when infected.

5 things everyone should know about Zika:

1. [Zika](#) is primarily spread through infected mosquitoes, but can also be spread through [sex](#) and blood transfusions
2. The best way to prevent Zika is to prevent mosquito bites
3. Zika is linked to [birth defects](#) and [pregnant women](#) should not travel to areas with Zika
4. Zika can lead to [neurological complications](#) in people of all ages (not just pregnant women)
 - a. Click [here](#) to read an article by the New England Journal of Medicine shows the correlation between Zika and the increased incidence of Guillain Barre Syndrome
5. Returning travelers infected with Zika can spread the [virus to local mosquitoes](#), which can then infect others

There are several ways to control the mosquito population around your [home](#) and community including:

- Empty, scrub, turn over, cover or throw out items that hold water once a week
 - Tires
 - Planters
 - Trash containers
 - Clogged gutters
 - Bird baths
 - Rain barrels
 - Pools

- Use a [larvicide in water](#) that cannot be dumped out or drained, and will not be used for drinking (retreat often)

[Prevent mosquito bites](#) by following these [tips](#):

- Wearing long sleeves and long pants to cover exposed skin
- Use EPA registered insect repellents on exposed skin
 - Never put insect repellent on skin under clothing
 - Children under 2 months should not use DEET. Use mosquito netting instead.
 - Children under 3 years should not use Oil of Lemon Eucalyptus
 - Click [here](#) to find EPA registered repellents
- Stay in areas that are air conditioned OR stay in areas that have window and door screens with no holes
- Mosquito netting can be used to cover babies in carriers, strollers, or cribs
- Treat clothes with [permethrin](#)

Other ways to protect yourself and others:

- Use [condoms](#) to prevent sexual transmission of Zika
- If you are diagnosed with Zika, wear repellent to prevent the spread to other mosquitoes, and do not donate blood

Planning to get pregnant or [already pregnant](#)?

Learn how long you should [wait](#) if you or your partner has been potentially exposed to the [Zika](#) virus

Travelling? Pack to prevent Zika

Watch this [video](#) to get some packing tips

[Here](#) are some items the Centers for Disease Control and Prevention recommends you take on your trip

Click [here](#) to see if your destination is safe

[Flu Near You](#) is a free tool that can be used to track flu and [Zika](#) symptoms across North America. Users take a few seconds each week to anonymously report how they're feeling. Reports are collected and mapped so you can know when the flu is around.

For more information call the Person County Health Department: (336) 597-2204 ext. 2319