



The Centers for Disease Control and Prevention (CDC) has travel guidance for people traveling to areas where Zika virus is a risk. Pregnant women in any trimester should not travel to those areas. Visit cdc.gov/travel for a list of affected areas.

Zika is not spreading in New Orleans but there are travel related cases.

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. For more information on what NOMTCB and NOHD are doing to control mosquitoes and prevent Zika, visit nola.gov/zika.

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 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 or your partner traveled.

Pregnancy and Zika Virus



Zika can be spread from a mother to her fetus during pregnancy or around the time of birth. Zika can cause a birth defect called microcephaly and other severe birth fetal brain defects. Talk to your healthcare provider about these risks.

Travel Information for pregnant women:

-  Do not travel to any area where Zika virus is a risk.
-  If you must travel to an infected area, 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.
-  If returning from an area with ongoing Zika transition, females should avoid sex or use condoms for 8 weeks and males should avoid sex or use condoms for 6 months.

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.



Once a week remove standing around the home in places such as plant containers, tires, pet dishes and buckets. For containers that cannot be removed, clean and scrub once a week.



Limit outdoor activity during dusk and dawn when mosquitoes are more aggressive and can spread Zika.



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

- Look for these ingredients: DEET, picaridin, IR3535, 2-undecanone, oil of lemon eucalyptus (OLE), or p-menthane-3,8-diol (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 if you or your partner live or travel to an infected area. Zika can be sexually transmitted. It is important to always use condoms.

Pets

There is no evidence that Zika virus is spread to people from contact with animals. Animals in the United States are not at risk of becoming sick with Zika virus.