



Summit County Public Health

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Protect Yourself Against Zika Virus During Spring Break Travel

AKRON- Summit County Public Health would like to remind Summit County residents to protect themselves during spring break travel to areas with active Zika virus transmission. Zika has spread to many popular spring break destinations such as Mexico, the Bahamas and Puerto Rico. To find an up to date listings of infected areas please visit <https://wwwnc.cdc.gov/travel/page/zika-information>.

There has been 5,139 travel-associated Zika virus cases across the United States since January of 2015. In Ohio, there have been 94 confirmed cases of travel-associated Zika infection and 1 sexual transmission case in 2016 and there have been 2 travel-associated confirmed cases thus far in 2017. The primary mosquito that transmits Zika virus is found in the tropics and in areas of the southern U.S., but at this time is not known to be found in Ohio. However a relative of this mosquito does live in Ohio and may have the potential to spread the Zika virus.

There is currently no vaccine or treatment for the Zika virus. CDC has issued recommendations. If you are traveling to one of the Zika infected areas, please use precaution and protect yourself against Zika infection by taking the following steps:

- Wear long-sleeved shirts and long pants during outside activities during the day as well as evening.
- 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.
- Men who have traveled to an area of active Zika virus transmission should use a condom for at least 6 months after returning from travel; if their partner is pregnant then they should use a condom every time during sex or abstain from sexual activity..
- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
 - Always follow the product label instructions
 - Reapply insect repellent as directed.

- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.

The CDC also recommends that women in any trimester of pregnancy should postpone travel to Zika infected areas. Women who are trying to become pregnant should talk to their healthcare provider before making travel arrangements to areas where the Zika virus is active. If you have traveled to a Zika infected area and start showing symptoms of the virus including; rash, fever, joint pain, conjunctivitis (red eyes), muscle pain or headache contact your doctor immediately for further evaluation. Women who have had possible exposure to Zika virus should wait at least 8 weeks before having unprotected sex. For more information on the Zika virus please visit the Ohio Department of Health website at <http://www.odh.ohio.gov/zika>. Summit County residents with questions may also call the Summit County Public Health Communicable Disease Unit at 330-375-2662.

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