

Jessamine County Health Department

210 East Walnut Street, Nicholasville, Kentucky 40356

Medical 859-885-4149 Environmental 859-885-2310

Medical Fax 859-885-1863 Environmental Fax 859-887-3683

www.myjchd.org

Protecting the public's health and environment



Jessamine County Health Department
Protecting the public's health and environment.

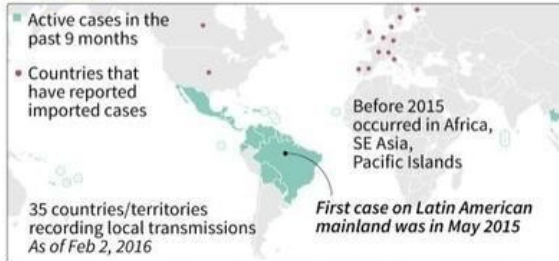


Jessamine Journal Article for March 2016

Rudrani (Ronnie) Ghosh, MBBS, MPH Regional Epidemiologist

Zika key facts

Where it is



How it is transmitted

The mosquito species *Aedes aegypti* is the main carrier of the virus



One case of human sexual transmission has been confirmed in Dallas, US

Ordinary infection

- ▶ In most infected people only causes short-lived flu-like symptoms
- ▶ Usually lasts less than week
- ▶ 70 - 80 percent of cases go unnoticed

Neurological complications

- Unproven but highly likely links*
- Unexplained rise of **microcephaly**, brain damage in newborns in Zika-affected areas
 - Possible rare link to **Guillain-Barre syndrome (GBS)** in adults

Protection

- ▶ **No cure, no vaccine**
- ▶ Avoid mosquitos
- ▶ Some countries have advised pregnant women to avoid infection zones
- ▶ Some countries have advised women to avoid getting pregnant

Source: WHO/SEEG/CDC/Ecdc.Europa.eu/BrazilHealth

AFP

Are you travelling to Latin America, including the Caribbean Islands and Mexico in 2016?



Jessamine County Health Department wants to provide our community with information to protect themselves and their children from vector-borne diseases spread by mosquito bites.

As public health officials in Kentucky continue to monitor reports of the various infections that can be acquired from the bite of an infected mosquito, developing diseases such as Zika virus **disease are rapidly spreading across the world**. Zika virus disease has been increasing in recognition in Brazil, Mexico and most recently in Puerto Rico and Texas. For these reasons, **the Center for Disease Control and Prevention (CDC) continues to advise travelers to Central America, South America, the Caribbean, or Mexico to protect themselves and their family members from mosquito bites.**


Mosquito caused illnesses are spread after a mosquito becomes infected with the bite of a previously infected person; and then, the infected mosquito spreads the virus by biting other people.

While all of these infections can **cause varying degrees of illness and disability, infections with Zika virus has created additional concern** due to the potential link between acute infection in pregnant women **and microcephaly (a genetic abnormality that causes an abnormally small head.)** in newborns. Therefore, it would be appropriate to advise pregnant women to take extra precautions to prevent mosquito bites while traveling to Central America, South America, the Caribbean, or Mexico in 2016. **Please talk with your medical provider, if you are pregnant and are travelling to Zika affected countries!!!**

The Kentucky Department for Public Health recommends all travelers take precautions to avoid mosquito bites. Persons are strongly advised to protect themselves by wearing long-sleeved shirts and long pants, and using approved insect repellents. CDC has additional information online on how travelers can protect themselves and their family members from mosquito bites: <http://www.cdc.gov/zika/prevention/index.html>. Science has also evolved to make additional changes in recommendation concerning male travelers.

- 1.) Male traveler should wear condoms or practice abstinence after travel to Zika-affected area.
- 2.) Male traveler with pregnant sexual partners should wear condoms or practice abstinence for the duration of the pregnancy.

If you have additional questions about the disease, please contact the Regional Epidemiologist (JCHD) at (859-885-4149 ext. 1033) !!



Mosquito Bite Prevention for Travelers

Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Keep mosquitoes out of your hotel room or lodging

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night.
 - » Buy a bed net at your local outdoor store or online before traveling overseas.
 - » Choose a WHOPE5-approved bed net (like Pramax™): compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
 - » Permethrin-treated bed nets provide more protection than untreated nets.
 - Permethrin is an insecticide that kills mosquitoes and other insects.
 - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.

