

Zika Virus

February 23, 2016

The cases of Zika virus in NJ have been associated with recent travel to an affected area.

Currently, the risk to New Jersey residents in regards to the Zika virus is from those individuals who visited countries affected with the mosquito carrying the Zika virus. These include; countries in the Caribbean, Central and South America. Note: Currently the CDC has sent a team to Brazil investigating the affects of the virus on pregnant women and women that may become pregnantⁱ.

The Burlington County Health Department should be your principle point of contact. Further information on this subject visit their website <http://www.co.burlington.nj.us/1440/ZikaVirus> Also NJ Department of Health at <http://nj.gov/health/cd/zikaindex.shtml> Center for Disease Control (CDC) <http://www.cdc.gov/zika/index.html> for the most up to date information.

This is still an evolving situation, and therefore the Burlington County Health Department and the health research community indicated above recommend that women trying to get pregnant and their male partners talk to their healthcare provider before traveling to areas impacted by Zika. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip. Women who are pregnant or may become pregnant are currently advised to postpone travel to regions affected with Zika, if possible.

Although the species of mosquito known to transmit the Zika Virus is currently not found in New Jersey, there are other mosquitos in our state that can transmit diseases to humans. Residents are encouraged to take preventative measures to avoid being bitten by mosquitos such as:

- Using an EPA registered insect repellent containing DEET, picaridin, or IR 3535
- Covering exposed skin by wearing long-sleeved shirts and long pants
- Removing pools of stagnant water, e.g. bird baths, tires, flower pots, etc.
- Maintaining window and door screensⁱⁱ

Andrew M. G. Law,
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ⁱ Burlington County Times Feb 23, 2016

ⁱⁱ Information transcribed from the BCHD Director of Health Education Christopher Hellwig, MPH CHES