

# MSC has the Facts & Solution to protect you from Zika Virus

## **About Zika**

The CDC states that the Zika virus (or Zika fever), is carried by the Aedes mosquito, which also carries dengue fever, yellow fever, and the chikungunya virus. Unlike most mosquitos, the Aedes mosquitos are aggressive daytime biters, they are also active at night. The disease was first identified in Uganda in 1947. Outbreaks did not occur outside of Africa until 2007 when it then spread to the South Pacific. Brazil reported its first case of Zika in 2015 and has since spread to Florida.

## **Transmission**

Per the CDC, a person may get infected with Zika as a result of:

- A bite by an infected Aedes species mosquito
  - These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases
- A pregnant woman may also transmit the disease to her child during pregnancy or around the time of birth
- Sexual contact and Blood Transfusions

## **Symptoms, Testing, & Treatment**

The CDC has reported that many people infected with Zika virus won't have symptoms or will only have mild lasting for several days to a week. The most common symptoms include:

- |              |                             |
|--------------|-----------------------------|
| • Fever      | • Conjunctivitis (red eyes) |
| • Rash       | • Muscle pain               |
| • Joint pain | • Headache                  |

According to the CDC, Zika virus usually remains in the blood of an infected person for about a week. Diagnosis is based on if you develop symptoms, live in or have recently traveled to an area with Zika. A blood or urine test can confirm a Zika infection. Your doctor or other healthcare provider may order blood or urine tests to look for Zika or other similar viruses like dengue or chikungunya.

There is no specific medicine or vaccine for Zika virus but it is suggested by the CDC, that you do the following:

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen (Tylenol®) or paracetamol to reduce fever and pain
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out to reduce the risk of bleeding

## **Prevention**

Helpful tips from the CDC:

- Use an EPA-registered insect repellent with one of the following active ingredients:
  - At least **20% DEET**
  - Picaridin, also known as KBR 3023, Bayrepel, and icaridin
  - Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
  - IR3535*\*Higher percentages of active ingredients provide longer protection*
- Place insect barriers on windows and doors
- Use mosquito nets while sleeping and being outdoors
- Spray insecticide/mosquito yard repellent around your home and office
- Treat standing water with treatment tabs to kill larvae (mosquito eggs)
- Spray tents and clothing with permethrin
  - Clothes sprayed with permethrin will protect you for 6 weeks. Clothes may be washed up to 6 times during that period; the permethrin will still protect you

*Always follow product label instructions and reapply insect repellent as directed.*

**Let MSC help you build your own Zika Prevention Kit:**

[Personal Insect Repellent](#)

[Indoor & Outdoor Insecticides & Repellents](#)

[Electronic Insect Killers](#)

[Dock Strip Doors/Curtains](#)

[Garden & Pump Sprayers](#)

Search “Insect” on [MSCDirect.com](#) for a listing of all Mosquito Protection SKU’s

## **References and Sources for More Information**

[OSHA/NIOSH Interim Guidance for Protecting Workers](#)

[CDC Avoid Bug Bites](#)

[CDC Insect Repellent Use & Safety](#)

Search “Insect” on [MSCDirect.com](#) for a listing of all Mosquito Protection SKU’s