

First Zika Virus Disease Confirmed in Denton County

April 12, 2016 – Denton County Public Health (DCPH) today has confirmed the first travel-associated case of Zika virus in a Denton County resident. The case is a female with international travel to a country with active transmission in late January.

Zika virus is spread to people primarily through the bite of an infected *Aedes* species mosquito, a known aggressive daytime biter. Sexual transmission has been reported in a small number of cases. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is typically mild with symptoms lasting no more than seven days. DCPH advises recent travelers with Zika virus symptoms, as well as individuals diagnosed with Zika virus, to protect themselves from further mosquito bites.

DCPH is recommending travel precautions to countries and territories with active Zika virus transmission. To prevent the spread of disease, people traveling to those areas currently affected should carefully follow steps to avoid mosquito bites while there. “We want Denton County residents to take precautions when traveling abroad to avoid mosquito bites, and for pregnant women or women planning to become pregnant to delay their travel to countries with current Zika transmission” says Dr. Matt Richardson, Public Health Director.

Residents should take the proper precautions to reduce their risk of getting Zika virus:

- **Drain** standing water around their homes to reduce mosquito breeding grounds. Consider use of BTI briquettes (or mosquito dunks) in water that cannot be drained, such as small ponds and drinking troughs.
- Be aware of mosquitoes during times that they are active, **Dawn, Daytime, Dusk** and evening hours.
- Apply an insect repellent that contains **DEET** (N,N-diethyl-m-toluamide) to exposed skin and to clothing when outdoors. The Centers for Disease Control and Prevention (CDC) also recommends Picaridin (KBR 3023).
- **Dress** in pants and long sleeves when outside and/or wear permethrin-treated clothing.

Please visit the Denton County Public Health website www.dentoncounty.com/zika for additional information.

