**ZIKA VIRUS DISEASE**

**FREQUENTLY ASKED QUESTIONS (FAQ)**

1. **What is Zika virus disease?**
   Zika is a disease caused by a virus (germ) that spreads to people mostly by mosquito bites. It causes illness mainly in people living in areas of Central and South America, the Caribbean, and Mexico. In January 2016, Zika was found for the first time in the United States in someone who traveled to Central America.

2. **How does this disease spread?**
   Zika is spread by a mosquito that can live indoors and can bite anytime, including day or night. This mosquito can be found in LA County, but it does not spread Zika. When traveling to areas where Zika is found, use preventative measures against mosquito bites. For the most current travel information visit [http://wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)

3. **What are the symptoms?**
   Symptoms of Zika are fever, joint pain, rash, red eyes and muscle pain. These begin 3–7 days after being bitten by an infected mosquito. For most people, illness is usually mild with symptoms lasting up to a week. Some people who are infected have no symptoms at all. People are rarely hospitalized or die from this disease. See your doctor if you think you or someone from your family has this disease.

4. **What is known about Zika during pregnancy?**
   If a pregnant woman becomes infected with Zika virus, her baby may be born with birth defects. The CDC recommends that pregnant women avoid traveling to areas with Zika and avoid mosquito bites. If you are pregnant and traveled to an area with Zika, call your doctor and talk about your travel, even if you don’t have signs of illness. If you are pregnant and your partner traveled to an area with Zika, see your doctor and talk about their travel.

5. **How is this disease treated?**
   There are no medicines to treat this disease and there are no vaccines to prevent it. There are medicines to help with fever and pain.

6. **How can you prevent getting this disease?**
   Avoid mosquito bites, especially when visiting places known to have this disease. Use Environmental Protection Agency (EPA) approved bug spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites.

Los Angeles County Department of Public Health
[www.publichealth.lacounty.gov/acd/VectorZika.htm](http://www.publichealth.lacounty.gov/acd/VectorZika.htm)
INVASIVE AEDES MOSQUITOES
– OUR NEWEST THREAT!

Invasive Aedes are small black mosquitoes with distinctive white stripes. They are not native to California but arrived in shipments of goods from other parts of the country and the world. These mosquitoes thrive in urban environments and once established become a significant pest. They are aggressive day biters and are responsible for outbreaks of dengue, chikungunya, and Zika all over the world.

Invasive Aedes prefer to live close to humans and lay their eggs in small containers most often found in backyards. To protect against mosquito bites and mosquito-borne disease, it is important for residents to regularly inspect their properties and remove containers where mosquitoes can grow.

• Female mosquitoes lay several hundred eggs on the walls of waterfilled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.

• Adult mosquitoes live inside and outside.

• They prefer to bite during the day.

• A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

STOP THE SPREAD IN YOUR HOME

Containers
Once a week, empty and scrub containers, turn them over or get rid of them! These include, buckets, barrels, planters, vases, flowerpot saucers, toys, bird baths, and trash containers.

Swimming pools and spas
Keep them well maintained, or cover them when not in use (make sure water doesn’t collect on top of the covers!).

Bromeliads and other hollow-stemmed plants
Rinse them with clean water at least once a week.

Discarded tires
Dispose of them or cover to keep water out.

Rain gutters
Keep them clear of leaves and dirt so they don’t get clogged and hold rain water.

BE PREPARED-STAY INFORMED

nixle
Sign up for Nixle by texting your zip code to 888777 to receive updates for Hermosa Beach
Follow the City of Hermosa Beach:

PROTECT YOURSELF, FAMILY AND COMMUNITY FROM MOSQUITOES

1. Eliminate standing water in and around your home:
   • Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, bird baths, flower pots, and trash containers. Check inside and outside your home.
   • Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
   • For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2. Keep mosquitoes out of your home:
   • Use screens on windows and doors.
   • Repair holes in screens.
   • Use air conditioning when available.

3. Prevent mosquito bites:
   • Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients: DEET, Picaridin (KBR 3023, Bayrepel, icaridin), IR3535, Oil of lemon eucalyptus (OLE) or para-methane-diol (PMD). All EPA-registered insect repellents are evaluated to make sure they are safe and effective.
   • Always follow the product label instructions.
   • Reapply insect repellent every few hours, depending on which product and strength you choose.
   • Do not spray repellent on the skin under clothing.
   • If you are also using sunscreen, apply sunscreen first and insect repellent second.
   • Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
   • If treating items yourself, follow the product instructions carefully.
   • Do not use permethrin products, intended to treat clothing, directly on skin.
   • Wear long-sleeved shirts and long pants.