

Zika Virus Protection and Prevention

Measures for Individuals to Protect Themselves from Mosquito Bites

- wear insect repellent,
- cover up with long-sleeved shirts and long pants,
- keep mosquitoes out with air conditioning or intact window screens, and
- limit outdoor activities during peak mosquito times.

Measures for Individuals to Prevent Mosquito Breeding

- At least weekly, carefully check the area around your home, school or workplace for mosquito breeding areas:
 - clear and empty gutters;
 - empty or get rid of cans, buckets, old tires, pots, plant saucers and other containers that hold water;
 - remove standing water around structures and from flat roofs;
 - change water in pet dishes daily;
 - rinse and scrub vases and other indoor water containers weekly;
 - change water in wading pools and bird baths several times a week;
 - maintain backyard pools or hot tubs;
 - cover trash containers;
 - water lawns and gardens carefully so water does not stand for several days;
 - screen rain barrels and openings to water tanks or cisterns; and
 - treat front and back door areas of homes with residual insecticides if mosquitoes are abundant nearby.
- If mosquito problems persist, consider pesticide applications for vegetation around the home.

Measures to Protect Communities from Zika Virus

- conduct neighborhood outreach about active precautions individuals can take to protect themselves and their families from mosquito bites;
- initiate or enhance monitoring and surveillance of mosquito activity;
- develop a local contingency plan for mosquito abatement and surveillance, and plan for additional control measures if needed;
- keep public drains and ditches clear of weeds and trash so water will not collect;
- implement efforts to clean up illegal dump sites and collect heavy trash; and
- encourage people to report illegal dumpsites and standing water, and respond quickly to these complaints.

TexasZika.org Communications Resources

- Zika Communications Toolkit:
<http://www.texaszika.org/docs/TexasDSHSZikaCommunicationsToolkitII.pdf>
- Sharable graphics for social media: <http://www.texaszika.org/materials.htm#toolkit>
- Fact sheets and posters: <http://texaszika.org/materials.htm>