

3D ZIKA DEFENSE

PROTECT YOURSELF FROM ZIKA WITH THE 3 Ds.



DRAIN

- > Once a week empty items that hold water such as flower pots, toys, trash or old tires.
- > Keep your yard trimmed and tidy.
- > Help your neighbors drain standing water.



DRESS

- > As weather permits, dress in long pants and long sleeve shirts.
- > Make sure doors and window screens are in good repair.
- > Use air conditioning when available.



DEET

- > Spray insect repellent with DEET on exposed skin.
- > Follow label instructions; reapply as needed.
- > Use a mosquito net to protect babies in a stroller or car seat.

For more information, visit us at houstonhealth.org, call 311, Harris County Mosquito Control District 713-440-4800, or Houston Health Department number 832-393-5080.



ZIKA VIRUS SEXUAL TRANSMISSION

Zika can be transmitted by sexual contact.

Zika is of greatest concern for pregnant women and women who may become pregnant. Zika can cause birth defects in babies born to women who are infected during pregnancy.



- > Pregnant couples with recent travel to an area with Zika need to:
 - Use condoms every time throughout the pregnancy, even if the partner does not have symptoms of Zika or feel sick
 - Prevent being bitten by mosquitoes by using insect repellent and wearing long pants and long sleeves as weather permits
- > Couples with a partner, who have traveled to an area with Zika, need to:
 - Use condoms or abstain from sex for 8 weeks after Zika diagnosis or start of symptoms if the traveling partner is female
- Use condoms or abstain from sex for 6 months after Zika diagnosis or start of symptoms if the traveling partner is male
- Use condoms or abstain from sex for 8 weeks after returning if the traveling partner (male or female) has no symptoms
- > Couples living in an area with active Zika transmission need to: use condoms or abstain from sex as long as there is Zika in the area. If symptoms develop in either partner, consult your healthcare provider.



HOUSTON HEALTH
DEPARTMENT

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