

## **Fight the Bite – Mosquito Control – SAMPLE ARTICLE**

**Independence, MO**

**July 14, 2016**

Summer has arrived, bringing the familiar sunshine, heat, and mosquitoes. This year however it also brings with it talk of Zika Virus. You have no doubt heard of Zika Virus at this point, with the virus grabbing headlines for causing several outbreaks around the world.

While the disease itself isn't necessarily deadly, it does have the potential to cause serious neurological defects in fetuses resulting in microcephaly. Though the disease is spread through the bite of infected mosquitoes, it turns out that sexual transmission by Zika-infected men to their pregnant partners can also result in fetal anomalies.

As of July 14, 2016 there have been no known active transmission of Zika Virus anywhere in the United States, although there have been approximately 1,133 cases associated with people traveling to areas where Zika is prevalent. The best way to prevent any diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside
- Take steps to control mosquitoes inside and outside your home
- Use Environmental Protection Agency (EPA) – registered insect repellents, following the product label instructions

The Centers for Disease Control and Prevention also has special recommendations to avoid or delay travel to areas with active transmission of Zika Virus for pregnant women and/or those couples who are attempting to become pregnant.

Along with preventing mosquito bites, it is also important to remove any standing water near or around your home where mosquitoes may be able to breed. If you are unable to dump or drain a container of standing water, use larvacide to kill any mosquito eggs or larvae. Larvacide can be purchased at many local stores including Wal-Mart and Lowes.

Updated information can be found at [www.cdc.gov/zika](http://www.cdc.gov/zika) or [www.jacohd.org](http://www.jacohd.org) along with a current list of countries with active Zika transmission. Consult your primary care physician if you have any questions or concerns about Zika Virus.