

NEWS RELEASE

FOR IMMEDIATE RELEASE

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City officials urge residents to take precautions against Zika & West Nile

SEGUIN, Texas – It's never too early to start preventing mosquito bites, and protecting yourself from the illnesses they can spread.

The Texas Department of State Health Services (DSHS) advises Texans to do the following to reduce exposure to Zika, West Nile and other mosquito-borne illnesses:

- Use an approved insect repellent every time you go outside and follow the instructions on the label. Among the EPA-approved repellents are those that contain DEET, picaridin, IR3535, oil of lemon eucalyptus and para-menthane-diol products.
- Regularly drain standing water, including water collecting in empty cans, tires, buckets, clogged rain gutters and saucers under potted plants. Mosquitoes that spread West Nile virus breed in stagnant water.
- Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.
- Use air conditioning or make sure there are screens on all doors and windows to keep mosquitoes from entering the home.

Symptoms of Zika Virus: approximately 80% of people infected with the virus do not become ill. For those who do develop symptoms, illness is generally mild and typically lasts a few days to a week. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes)

Symptoms of West Nile Virus: headache, fever, muscle and joint aches, nausea and fatigue. Up to 80 % of people infected with the virus will have no symptoms.

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For the latest information on Zika in Texas: <http://www.texaszika.org/>

Información en español: <http://www.dshs.state.tx.us/idcu/disease/arboviral/zika-sp.aspx>

*From DSHS' website (Feb. 8, 2016): "Texas has **10** cases of Zika virus disease. Nine are travelers who were infected abroad and diagnosed after they returned home. One case involves a Dallas County resident who had sexual contact with someone who acquired the Zika infection while traveling abroad. Case counts by county: Harris County – 7; Bexar County – 1; Dallas County – 2"*