

Strategies to Prevent Zika Virus and its Consequences for Clients Living in Areas WITH Local Transmission

Using contraception

1. Using contraception consistently and correctly can prevent pregnancy and the risk of pregnancy complications associated with Zika. This should be considered in the context of women's feelings and plans about future pregnancy.
2. Delay attempts at conception for at least 8 weeks if a woman has confirmed Zika infection or clinical illness consistent with Zika.
3. Delay attempts at conception for at least 6 months if a man has confirmed Zika infection or clinical illness consistent with Zika.

Preventing sexual transmission

Women and men concerned about giving or getting Zika through sex should use condoms while Zika is in the area, regardless of the use of other contraceptive methods.

Preventing mosquito bites

1. The following steps can help to prevent mosquito bites:
 - ▶ Wear long-sleeved shirts, long pants, and socks.
 - ▶ Stay and sleep in places with air conditioning and window and door screens.
 - ▶ Sleep under a mosquito bed net if unable to close windows and doors.
 - ▶ Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, eucalyptus, para-menthane-diol, or 2-undecanone. Clients should also continue to use repellent for 3 weeks after leaving an area with Zika.
 - ▶ Wear permethrin-treated clothing.

2. The following steps can help to control mosquitoes outside where people are living:
 - ▶ Once a week, empty and scrub, turn over, cover, or throw out any items that hold water. Mosquitoes lay eggs in containers that can hold water.
 - Tightly cover water storage containers so that mosquitoes cannot get inside to lay eggs.
 - For containers without lids, use wire mesh with holes smaller than an adult mosquito.
 - Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
 - ▶ Use an EPA-registered outdoor flying insect spray where mosquitoes rest. Mosquitoes rest in dark, humid areas like under patio furniture, or under carports or garages.
 - If there is a septic tank, repair cracks or gaps.
 - Always follow label directions when using an insecticide.
3. The following steps can help to control mosquitoes inside where people are living:
 - ▶ Keep windows and doors shut and use air conditioning when possible.
 - ▶ Keep mosquitoes from laying eggs inside. Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like vases and flowerpot saucers.
 - ▶ Kill mosquitoes inside. Use an EPA-registered indoor flying insect fogger or indoor insect spray to kill mosquitoes and treat areas where they rest. Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room. Always follow label directions when using an insecticide.