

For Immediate Release

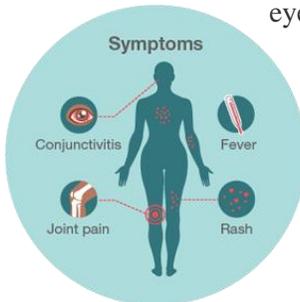
August 23, 2016

***“Tséhootsooí Medical Center encourages communities to become aware of Zika Virus and prevention”***

Tséhootsooí Medical Center would like to communicate to the public the awareness of the Zika Virus. Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters, but they can also bite at night. Zika can be passed from a pregnant woman to her fetus and infection during pregnancy can cause certain birth defects.



The most common symptoms of Zika are fever, rash, joint pain, conjunctivitis (red eyes), muscle pain, and headaches. Symptoms can last for several days to a week.



Most healthy people usually do not get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections. Zika infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe fetal brain defects. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth.

**How to prevent Zika**

There is no specific treatment or vaccine to prevent the Zika virus; however when someone is suspected of having or is diagnosed with the virus, the treatment is for the symptoms they are exhibiting. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.

- Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items. Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-menthane-diol.
- 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. Control water storage outside especially after the rain. Water attracts mosquitoes.
- Prevent sexual transmission of Zika by using condoms or not having sex.

Although the mosquito that is carrying the Zika virus is not a natural inhabitant of this region, precautions must still be taken for in case matters that the virus does spread to the area. For more information contact Tséhootsooí Medical Center at 928.729.8000. Also contact the Centers for Disease Control and Prevention at 800.262.4636 or <http://www.cdc.gov/zika/index.html>.

Ahee'hee!

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*“To provide superior and compassionate healthcare to our community by raising the level of health, Hozho, and quality of life”*