

HIGHTSTOWN BOROUGH

156 Bank Street, Hightstown, NJ 08520 * Tel. (609) 936-8400 * Fax (609) 799-2136

DEPARTMENT OF HEALTH

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Public Health Notice – Zika Virus

The Hightstown Borough Health Department encourages residents planning travel abroad to be proactive in learning about the health considerations for the areas they are planning to visit. While it is always wise to plan ahead, recent attention on the outbreak of Zika virus in many tropic and subtropic regions of the world stresses the importance of being aware of your health risks prior to setting off on a trip. Zika is a viral illness which is spread to humans when bitten by an infected mosquito. The Centers for Disease Control and Prevention (CDC) issued a travel alert advising pregnant women, and those trying to become pregnant, to postpone travel to affected areas while the outbreak is ongoing. This warning was issued because the virus may cause birth defects in the fetus if the mother is infected during her pregnancy. All individuals are advised to prevent exposure to mosquito bites by using an EPA registered insect repellent, wearing long sleeves and pants while outdoors, and staying in a room with air conditioning or screens.

Before you travel out of the country, please review the resources provided on the CDC's *Travelers' Health* website listed below. This website informs travelers on issues such as current disease outbreaks, recommended immunizations, healthcare availability, and the risks related with foods, water, insects, animals, and natural disasters associated with the region they are planning to visit. Adhering to travel precautions helps ensure your health while you are traveling and reduce the likelihood that a disease is brought back home to your family or community.

Widespread outbreak of Zika virus illness is not expected in the continental United States. However, reports of travel-related cases and small, localized outbreaks are possible. Taking steps to control the mosquito population in our community will help prevent the spread of mosquito-borne illness such as Zika. Property owners should remove items which collect water and allow mosquitoes to lay eggs. The following items are often found collecting water and allowing mosquito populations to flourish: tires, tarps, flower pots/liners, unmaintained pools, clogged gutters, toys, bird baths, debris, construction equipment, wheel barrels, and buckets. Owners should plan to clean up their properties now before warmer weather arrives.

The Hightstown Borough Department continues to monitor the situation and will provide updates as more information becomes available. Residents are encouraged to check the links below regularly. We expect information on Zika to evolve over time as the CDC continues to study and learn more about the disease. Residents and healthcare professionals are encouraged to call the Health Department at 609-936-8400 if further assistance is needed.

Zika Affected Countries (CDC) <http://www.cdc.gov/zika/geo/index.html>

CDC Travelers' Health <http://wwwnc.cdc.gov/Travel>

Zika Virus and Pregnancy

http://www.nj.gov/health/cd/zika/documents/zika_virus_infection_and_pregnancy.pdf

<http://www.cdc.gov/zika/pdfs/zika-pregnancy.pdf>

FAQs http://www.nj.gov/health/cd/documents/faq/zika_faq.pdf

FAQs in Spanish http://www.nj.gov/health/cd/documents/faq/zik_faq_spanish.pdf

Zika Website <http://www.cdc.gov/zika/>

Zika Website in Spanish <http://www.cdc.gov/zika/es/index.html>

Know Before You Go <http://www.nj.gov/health/cd/zika/index.shtml>

Know Before You Go Spanish Version http://www.nj.gov/health/cd/zika/info_sp.html

Recent Travel http://www.cdc.gov/chikungunya/pdfs/arbovirus_inbound_19x11-508.pdf