North Carolina Residents Face a Moderate Risk of Zika Infection
Zika Prevention Safety Tips from the National Association of County and City Health Officials (NACCHO)

[NOTE TO EDITORS: A PDF of NACCHO’s Zika Infographic is attached for your use.]

Washington, DC, July 6, 2016 — The Zika virus is transmitted by the bite of an infected *Aedes Aegypti* mosquito. Its most common symptoms are fever, rash, joint pain, conjunctivitis (red eyes), muscle pain and headache. Pregnant women with Zika risk passing the virus to their unborn child. There have been cases of babies being born with microcephaly (a smaller-than-normal head).

Here are some simple things you can do to keep you and your family safe this summer. To prevent mosquito bites you should:

1. Wear long-sleeved shirts and pants, and spray clothes with insect repellent.

2. Stay in places with air conditioning, and with window and door screens to keep mosquitos outside.

3. Remove standing water to keep mosquitos from laying eggs inside and outside the home. Once a week, empty and scrub vases, pet water bowls, flowerpot saucers, discarded tires, buckets, pool covers, birdbaths, trash cans, and rain barrels.

4. Wear insect repellent containing DEET. Products containing DEET include OFF!, Skintastic, and Cutter. If you are also using sunscreen apply sunscreen first and insect repellent second.

5. Use mosquito netting to cover babies younger than two months old in carriers, strollers, or cribs to protect them from mosquito bites.

6. Sleep under a mosquito bed net if air-conditioned or screened-in rooms are not available, or if sleeping outdoors.
7. Zika can be transmitted sexually by an infected male. To prevent sexual transmission of Zika, use a condom.

Your local health department is working to keep you safe this summer. For a list of local health departments in your area, please click here.

##

### ABOUT NACCHO

The National Association of County and City Health Officials (NACCHO) is the national nonprofit association representing the approximately 2,800 local health departments (LHDs) in the United States, including city, county, metropolitan, district and tribal agencies. NACCHO’s vision is health, equity and security for all people in their communities through public health policies and services. NACCHO’s mission is to be a leader, partner, catalyst and voice for local health departments in order to ensure the conditions that promote health and equity, combat disease and improve the quality and length of all lives.