

## Zika-The latest from the Centers for Disease Control and Prevention

According to the CDC, Zika is a disease which is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. However, Zika virus infection during pregnancy can cause a serious birth defect called [microcephaly](#), as well as other severe fetal brain defects. Once a person has been infected, he or she is likely to be protected from future infections.

### What we know

- No vaccine exists to prevent Zika virus disease.
- Mosquitoes that spread the virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Prevent sexual transmission of Zika by using condoms or not having sex

### Steps to prevent mosquito bites

When in areas with Zika and other diseases spread by mosquitoes, take the following steps:

- Wear long-sleeved shirts and long pants.
- 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](#).

Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents with one of the following active ingredients: **DEET**, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.

- Always follow the product label instructions.
- Reapply insect repellent as directed. If also using sunscreen, apply sunscreen before applying insect repellent.

### To protect your child from mosquito bites:

- **Do not use** insect repellent on babies younger than 2 months old.
- **Do not use** products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.

Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases.

### [Latest Travel Notice Information](#)

With the recent outbreaks, the number of Zika cases among travelers visiting or returning to the United States will likely increase.

These imported cases could result in local spread of the virus in some areas of the United States.

For the latest information on Zika and countries on the travel list, go to [www.cdc.gov/zika](http://www.cdc.gov/zika)

## Preparedness....in 18 languages!

The *Are You Prepared* guide is now available in 18 languages. The guide includes information about CodeRED, local emergency contact information, special needs registries, and more information regarding preparing for disasters in Cass and Clay counties. The guide is available in:

◇ Arabic  
◇ Bosnian  
◇ Burmese  
◇ Chinese  
◇ Dinka  
◇ English  
◇ Farsi

◇ French  
◇ Kinyarwanda  
◇ Kirundi  
◇ Kurdish  
◇ Nepali  
◇ Russian  
◇ Somali

◇ Spanish  
◇ Swahili  
◇ Tigrinya  
◇ Vietnamese

The languages are available online in [pdf form](#) or contact: [torecchia@cityoffargo.com](mailto:torecchia@cityoffargo.com).

### Police Picnics

Fargo Police Picnic June 21, 5-8 p.m. at Island Park.

West Fargo Night to Unite Aug. 2, 5-9 p.m. at Elmwood Park.

**Wildfires** often begin unnoticed and spread quickly, igniting brush, trees and homes. Reduce the risk of a wildfire occurring in your area by:

Designing and landscape your home with wildfire safety in mind. Select materials and plants that can help contain fire rather than fuel it. Use fire resistant or noncombustible materials on the roof and exterior structure of the building.

Plant fire resistant shrubs or trees. Create a 30 to 50-foot safety area around your home by raking up leaves and twigs. Clear all flammable vegetation. Remove branches that extend over the roof. Ask the power company to clear branches from power lines. Clear a 10-foot area around propane tanks and grills. Stack firewood at least 100 feet away and uphill from your home or business. Maintain an adequate outside water source. Have a garden hose long enough to reach any area on your property. Install exterior water outlets on at least two sides of the home.

## Packing Food for Your Disaster Supply Kit

When putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

**Sign up for this e-newsletter!**

[torecchia@cityoffargo.com](mailto:torecchia@cityoffargo.com)

Disasters can take a toll on your mental, emotional, and physical health. It's important to the extent possible to eat a healthy diet not only to cope with the stress from the disaster, but also maintain your strength. Some food items could include:

- Protein or fruit bars;
- Nuts;
- Crackers;
- Peanut butter; and
- Dried fruit.

(These types of foods are listed because they require minimal food preparation and no cooking.)

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.