

Mosquito Bites

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Bugs (including mosquitoes, ticks, and some flies) can spread a number of diseases. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites.

What type of insect repellent should I use?

For protection against ticks and mosquitoes: Use a repellent that contains 20% or more DEET for protection that lasts up to several hours. Products containing DEET include **Off!**, **Cutter**, **Sawyer**, and **Ultrathon**.

For protection against mosquitoes only: Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredients (like those listed below) provide longer protection.

- DEET
- Picaridin—products containing picaridin include **Cutter Advanced** and **Skin-so-Soft Bug Guard Plus**
- Oil of lemon eucalyptus (OLE)—products containing OLE include **Repel** and **Off! Botanicals**

Always follow product directions and reapply as directed. If you are also using sunscreen, apply sunscreen first and insect repellent second.

Consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself. Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last. If you are treating the items yourself, follow the product instructions carefully. Do not use permethrin directly on skin.

What other steps should I take to prevent bug bites?

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

Zika Virus in Pregnancy

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Zika virus can be spread from a pregnant woman to her unborn baby by infected mosquitoes. There have been reports of a serious birth defect of the brain called microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Knowledge of the link between Zika and these outcomes is evolving, but until more is known, the CDC recommends special precautions for the following groups:

All women who are pregnant (in any trimester):

- Consider postponing travel to any area where Zika virus transmission is ongoing. These areas currently include most all Caribbean and Central and South American countries. Pregnant women should also avoid travel to Miami Beach, Florida, and to Brownsville, Texas if at all possible. For the most up-to-date list and information, please visit <http://www.cdc.gov/zika>.
- If you must travel to one of these areas, talk to your doctor first and strictly follow steps outlined on the mosquito bites handout.
- Until more is known, pregnant women with male sex partners who have lived in or traveled to an area with Zika virus should either use condoms the right way, every time, for vaginal, anal, or oral (mouth-to-penis) sex, or should not have sex during the pregnancy.
- If a pregnant woman is concerned that her male partner may currently have or have had Zika virus infection, she should talk to her healthcare provider. She should tell her healthcare provider about her male partner's travel history, including how long he stayed, whether or not he took steps to prevent getting mosquito bites, and if she had sex with him without a condom since his return.

Women who are trying to become pregnant:

- Women trying to get pregnant, and their male partners, should talk to their healthcare provider before traveling to areas with Zika virus. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip.

Men who have pregnant sex partners:

- Men who live or are traveling in an area with active Zika virus transmission should take steps to prevent mosquito bites.
- You and your partner should abstain from sex or use condoms consistently and correctly for the duration of your partner's pregnancy.

Specific areas where Zika virus transmission is ongoing are often difficult to determine and are likely to change over time. As more information becomes available, the travel notices from the CDC will be updated with more current recommendations. Logansport Memorial Hospital will do everything possible to provide our patients with the most accurate information as it is made available to us.