



HEALTH ADVISORY
Department of Public Health

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Public Health Zika Update

San Bernardino County Department of Public Health (DPH) has confirmed five cases of travel-associated Zika within the county as of July 15, 2016. There have been no locally acquired Zika infections in San Bernardino County. All confirmed Zika cases in California are associated with international travel.

In June 2016, the *Aedes aegypti*, mosquito that transmits the Zika virus and other viral diseases, was found in the Colton. This species of mosquito is not native to California. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis. The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito.

“Even though no immediate threat to county residents exists, I would like to remind county residents to protect themselves and family members from mosquito bites, especially if traveling to Zika-affected countries,” said Dr. Maxwell Ohikhuare, Health Officer.

Zika virus can also be transmitted through sexual contact and can be passed from a pregnant woman to her fetus. Pregnant women can protect themselves from Zika by using the following precautions: avoid travel to an area with Zika, prevent mosquito bites and prevent Zika transmission through sexual contact with someone who has traveled to a Zika-affected country. Women can visit the [CDC website](http://www.cdc.gov) for more information on Zika during pregnancy.

Medical providers should follow the Clinical Guidance provided by the CDC. Specific Zika guidelines are provided regarding sexual transmission, pregnancy, clinical evaluation, diagnostic testing and case reporting. This information can be found on the [CDC website](http://www.cdc.gov).

Zika infections in California as of July 15, 2016

- Locally acquired mosquito-borne cases reported: **0**
- Travel-associated cases reported: **86**
- Cumulative number of infections in pregnant women: **19**
- Cumulative number of infections due to sexual transmission: **1**
- San Bernardino Cases: **5**

Zika infections in US as of July 13, 2016

- Locally acquired mosquito-borne cases reported: **0**
- Travel-associated cases reported: **1,305**
- Laboratory acquired cases reported: **1**
- Total: **1,306**
 - Sexually transmitted: **14**
 - Guillain-Barre syndrome: **5**



Residents can still take precautions to avoid breeding areas around their homes by following these tips.

- **Drain or Dump** – Remove all standing water around your property where mosquitos lay eggs such as birdbaths, old tires, pet watering dishes, buckets, or even clogged gutters.
- **Clean and scrub** any container with stored water to remove possible eggs.
- **Dress** – Wear shoes, socks, long pants and long-sleeved shirts whenever you are outdoors to avoid mosquito bites.
- **DEET** – Apply insect repellent containing DEET, PICARDIN, IR3535, or oil of lemon eucalyptus according to manufacturer’s directions.
- **Doors** – Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes to prevent mosquitos from entering your home.

For more information about traveling out of the country and the prevention of Zika, please visit the [Center for Disease Control and Prevention](#), r the [California Department of Public Health](#) website. Or call the San Bernardino County Department of Public Health Communicable Disease Section at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m.

If you notice these small black and white mosquitoes in or around your home, please contact the Department of Public Health, Environmental Health Services, [Mosquito and Vector Control Program](#) at (800) 442-2283, or visit the [CDPH](#) website.