



## **Zika Message Points**

*Last Updated: 8/3/16*

**Note:** This information is provided to assist with questions from visitors regarding the Zika virus.

### **Zika in North Carolina:**

- Visit North Carolina and state officials are actively monitoring developments surrounding the Zika virus and its potential impact on travel to and within the state.
- Currently, North Carolina has no cases of locally acquired Zika virus and a leading state entomologist says there is very little chance of the virus spreading in the state.
- The primary mosquitoes that carry Zika virus are not believed to be widespread in North Carolina.

### **About the Zika Virus (according to the CDC):**

- Zika virus is primarily transmitted through the bite of an infectious mosquito.
- Only about one in five people infected with Zika virus will show symptoms which can include rash, red eyes, fever, joint pains and muscle aches.
- Historically, documented symptoms of Zika are usually mild; however, the Centers for Disease Control and Prevention (CDC) has issued reports that indicate Zika may be linked to a broader array of serious birth defects in babies of mothers who were infected with the virus while pregnant.
- Additionally, CDC officials in April confirmed there is evidence that Zika may cause other varieties of fetal brain damage.

### **Travel/Public Health Warnings:**

- The travel advisory issued on July 29, 2016 by the Centers for Disease Control and Prevention (CDC) is specific to women who are pregnant or thinking of becoming pregnant, and targets a single neighborhood in the [northern area of Miami](#).
- Experts say there is no cause for broader concern at this time.
  - *“At the present time, there is no need for the travel advisory to be broader than this specific Zika-affected area.” — CDC Director Dr. Tom Frieden, 8/1/16*
- The World Health Organization (WHO) has publicly cautioned against instituting travel or trade bans in response to the Zika virus, even as the organization declared the outbreak to be a public health emergency.
  - *“The committee found no public health justification for restrictions on travel or trade to prevent the spread of Zika virus.” — WHO Director-General Dr. Margaret Chan, 2/1/16*

### **Preventing Mosquito Bites:**

- Individuals are always encouraged, as a routine precaution, to take steps to prevent mosquito bites, such as:
  - Wearing insect repellent registered with the Environmental Protection Agency. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women. Look for the following active ingredients: DEET, picaridin, IR3535, OLE, PMD
  - Wearing long-sleeved shirts and pants.
  - Use permethrin-treated gear and clothing.
  - Stay in air conditioned or screened-in rooms.

### **Keeping Away Mosquitoes**

- Individuals can also help reduce mosquitoes around the area where they are staying by doing the following:
  - “Tip and Toss” - make sure that containers are tipped over to empty excess water. Mosquitoes can breed in an area as small as a plastic bottle cap. Store, discard, or recycle any items that can accumulate any amounts of standing water.
  - Clean up leaves and debris around the area where you are staying.
  - Keep pools chlorinated, clean, and properly maintained. Prevent pool covers and liners from holding standing water.

For more information, go to [www.cdc.gov/zika](http://www.cdc.gov/zika).

For North Carolina information, go to <http://epi.publichealth.nc.gov/zika/>.

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