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Zika Awareness & Prevention

What is Zika?
A disease caused by the Zika virus, which is spread to people primarily through the bite of an infected mosquito.

Who should be concerned?
All women ages 12-45 able or likely to have children. Men and children under 12 years old are at a lower risk of developing complications.

Transmission: How is Zika spread?

Source: UT Health Science Center at Brownsville
Heart disease can often be prevented when people make healthy choices!

INGREDIENTS:
Source: American Heart Association

PREPARATION:
Healthy Recipe: SPICED SWEET POTATO WEDGES

1. Preheat oven to 400°F. Coat 2 large baking sheets with non-stick spray.
2. Slide each potato into 12 wedges.
3. In a large bowl, lightly beat the egg whites, ginger, cinnamon, nutmeg, and salt until foamy. Add the potatoes and toss to coat completely; arrange in a single layer on the backing sheets.
4. Bake for 20 minutes, then turn the potato wedges and bake for 15 to 20 minutes, or until tender and golden.

5 sweet potatoes (about 2-1/2 pounds), peeled
2 egg whites
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
½ teaspoon salt

San Juanita Lopez

At nine months pregnant, San Juanita Lopez of Alton, Texas, shares her advice on how to protect against the dangers of the Zika virus.

She recommends being well informed and looking for information about the Zika. “As a pregnant woman, I recommend that you do research on the Internet, read newspapers or magazines and talk to your doctor about how you can prevent Zika. We have to take care that our baby is not going to be born with something wrong.”

San Juanita also checked her house to prevent mosquitoes from gathering. “In our homes, we can prevent Zika by closing windows or putting mosquito nets. When it rains or when we water our lawns, make sure to throw out all standing water. You have to throw all that away so mosquitoes will not gather.”

“A very important thing is that our partner also needs to take precautions against Zika,” San Juanita explains. “By having intimacy with our partner, he can affect our baby if he carries the Zika virus.”

PREVENTION:

Repel when going outside
Use mosquito repellents (DEET, oil of lemon, eucalyptus, IR3535, picaridin, etc.) according to label directions.

Remove water from the environment
Unclog, empty and refill at least once a week old tires, urns, buckets, plastic covers, toys, pools, bird baths, fountains, wading pools, Jain barrels, potted plant trays, etc.

Protect yourself & your home
Wear long sleeves and pants when going into mosquito-infested areas. Ensure window and screen doors are bug-tight. Try to stay indoors and use air-conditioning units or fans.

Symptoms:

PINK EYE
HEADACHE
DIZZINESS

JOINT PAIN
MUSCLE PAIN
SWELLING
FEVER
RASH

Zika Causes:

Birth Defects (microcephaly)
Brain Problems
Eye Problems
Hearing Loss
Slowed Growth

Often there are no symptoms of infection, but if there are these are the most common.

Source: UTHealth School of Public Health Brownsville
Graphics: Vecteezy.com