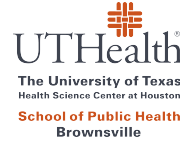


# YOUR HEALTH MATTERS!



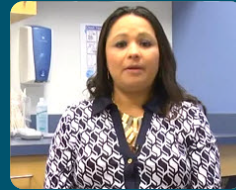
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## Zika Awareness & Prevention

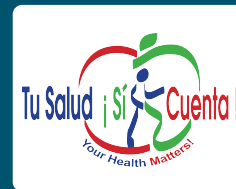
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### What is Zika?

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?

-  Mosquito Bites
-  Mother to Child
-  Blood Transfusion
-  Organ Transplant
-  Sexual Contact if partner is infected



MARCH 2017

# Free Exercise Classes

## Laguna Vista

**Location:**  
Roff Park  
122 Fernandez St.

**Date(s) & Time:**  
**Zumba**  
Mon., Tue., Wed., Thurs., Fri.  
8:30 a.m. - 9:30 a.m.

**Contact:** Martha  
(956) 353-1882

**Dance Fitness**  
Tues., Wed., Thurs., Fri.  
6:00 p.m. - 7:00 p.m.

**Contact:** Alexfaith  
(956) 434-7525

## Port Isabel

**Location:**  
Community Center  
213 Yturba St.

**Date(s) & Time:**  
**Zumba**  
Mon, Wed, Thurs.  
6:00 p.m. - 7:00 p.m.

**Contact:** Cecilia  
(956) 266-2231

## Rio Hondo

**Location:**  
Civic Center  
121 Arroyo Blvd.

**Date(s) & Time(s):**  
**Boocamp**  
Tue.  
6:00 p.m. - 7:00 p.m.

**Zumba**  
Thurs.  
6:00 p.m. - 7:00 p.m.

**Contact:** Miranda  
(956) 238-0027

## Los Fresnos

**Location:**  
Memorial Park  
900 N. Arroyo Blvd.

**Date(s) & Time(s):**  
Mon., Tue., Wed., Thurs., Fri.  
8:30 a.m. - 9:30 a.m.

**Lap Swimming**  
Tue., Thurs.  
6:30 p.m. - 8:30 p.m.

**Basketball**  
Mon., Tue., Wed., Thurs., Sat.  
8:00 a.m. - 10:00 a.m.

**Zumba**  
Mon., Tue., Wed., Thurs.  
6:00 p.m. - 7:00 p.m.

**Contact:** Christine  
(956) 312-1406

## Los Fresnos

**Location:**  
Saint Cecilia Church  
Salon Parroquial  
606 W Ocean Blvd.

**Date(s) & Time(s):**  
**Zumba**  
Mon.  
6:00 p.m. - 7:00 p.m.

**Location:**  
Laueles County Park

**Date(s) & Time**  
Mon., Wed.  
8:00 a.m. - 9:00 a.m.

**Contact:** Carolina  
(956) 346-9005

## Harlingen

**Location:**  
Abundant Life Church  
101 N. O St.

**Date(s) & Time(s):**  
Tues. & Thurs.  
11:30 a.m. - 12:30 p.m.

**Contact:** Teresita  
(956) 551-2704

**Location:**  
Outreach Center  
1102 S. Commerce

**Date(s) & Time**  
Mon., Thurs.  
8:30 a.m. - 9:30 p.m.

**Contact:** Karina  
(956) 357-3701

## San Benito

**Location:**  
Community Bldg.  
210 E. Heywood

**Date(s) & Time(s):**  
**Zumba**  
Tue. & Thurs.  
8:00 a.m. - 9:00 a.m.

**Contact:** Carolina (956) 346-9005  
Kenia (956) 312-2577

**Date(s) & Time:**  
**Zumba**  
Mon. & Wed.  
5:30 p.m. - 6:30 p.m.  
Wed. & Fri.  
8:00 a.m. - 9:00 a.m.

**Contact:** Letty  
(956) 357-4564

**Location:**  
Parish Hall  
San Ignacio de Loyola  
24380 W. US Hwy 281

**Date(s) & Time**  
Mon., Wed, Fri.  
8:30 a.m. - 9:30 a.m.

**Contact:** Alba or Nina  
(956) 755-0612 or  
(956) 755-0609

## Combes

**Location:**  
Community Center  
21646 Hand Rd.

**Date(s) & Time:**  
**HITT/Boocamp**  
Mon., Tue., Wed., Thurs.  
5:30 p.m. - 6:30 p.m.

**Contact:** Ashley  
(956) 425-3905

## La Feria

**Location:**  
Scott Sioane Memorial  
Park, 121 E Lila Ave.

**Date(s) & Time:**  
Mon, Tue., Wed, Thurs.  
10:00 a.m. - 11:00 a.m.

**Contact:** Ashley  
(956) 425-3905

## Brownsville

**Location:**  
San Felipe de  
Jesus Church  
2215 Ranch  
Viejo Ave.

**Date(s) & Time(s):**  
Mon. - Fri.  
8:00 a.m. - 9:00 a.m.  
Mon. - Thurs.  
5:30 p.m. - 6:30 p.m.

**Location:**  
Gonzalez Park  
34 Tony Gonzalez  
Drive

**Date(s) & Time(s):**  
Mon., Wed. & Fri.  
5:30 p.m. - 6:30 p.m.

**Contact:** Belinda  
(956) 459-8431

**Location:**  
Memento del Cordero  
Church 1033 N.  
Minnesota

**Date(s) & Time(s):**  
Mon., Wed. & Fri.  
9:00 a.m. - 10:00 a.m.  
\*\*Low Impact class\*\*

**Location:**  
BISD Gym\*  
(wellness center)  
708 Palm Blvd.  
\*For parents of children  
in BISD

**Date(s) & Time(s):**  
Mon. - Thurs.  
12:00 p.m. - 1:00 p.m.

**Location:**  
Oliveira Park  
104 E. El Paso Rd.

**Date(s) & Time(s):**  
Mon. - Thurs.  
8:30 a.m. - 9:30 a.m.

**Location:**  
Buen Pastor Church  
2645 Tulipan St.

**Date(s) & Time(s):**  
Mon. - Thurs.  
9:00 a.m. - 10:00 a.m.



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. - Channel 7, Valleevisión

ONLINE: [www.tusaludsiencuenta.info](http://www.tusaludsiencuenta.info) | CONTACT US: (956) 755-0680

CONNECT WITH US!





**San Juanita Lopez**

*"...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."*

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."*

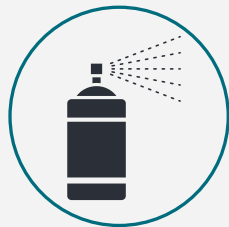
San Juanita also checked her house to prevent mosquitoes from gathering. *"In our homes, we can prevent Zika by closing windows or putting mosquito nets. When it rains or when we water our lawns, make sure to throw out all standing water. You have to throw all that away so mosquitoes will not gather."*

Apart from wearing dresses or shirts with long sleeves, she recommends using mosquito repellent when outdoors.

*"Another 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."*

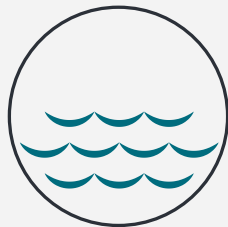


**PREVENTION:**



**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, rain 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.

**HEALTHY RECIPE: SPICED SWEET POTATO WEDGES**



Source: American Heart Association

**INGREDIENTS:**

- 5 sweet potatoes (about 2-1/2 pounds), peeled
- 2 egg whites
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon salt

**PREPARATION:**

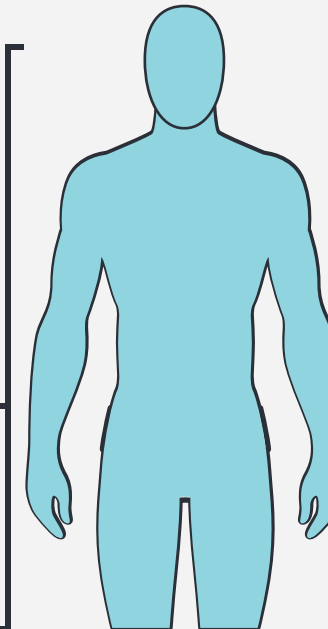
1. Preheat oven to 400°F. Coat 2 large baking sheets with non-stick spray.
2. Slide each potato into 12 wedges
3. In a large bowl, lightly beat the egg whites, ginger, cinnamon, nutmeg, and salt until foamy. Add the potatoes and toss to coat completely; arrange in a single layer on the backing sheets.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

**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.