

## The Zika Virus: Six Prevention Tips

(NAPSA)—When you prepare your front porch, deck and backyard for warm weather entertaining, it's important to take precautions against that unpopular party crasher, the mosquito. The pest can potentially endanger your guests, children and pets by spreading such diseases as West Nile, chikungunya and the Zika virus—but you can reduce your risk.

Millions of people have been infected with Zika in the last 12 months and the disease has been found to cause severe birth defects when pregnant women are infected. According to the World Health Organization and the Centers for Disease Control and Prevention (CDC), Zika is now in 55 countries and has infected more than 470 Americans.

Although the mosquitos that carry and transmit the virus haven't been found to be infected in the United States yet, scientists say it is a definite possibility. Researchers at the CDC estimate the type of mosquitos that can carry Zika will inhabit a broader range of North America than previously expected.

Fortunately, these six tips can help you stay safe:

**1. Remove sources of standing water:** Empty, cover or throw out containers that hold water. Mosquitos lay eggs in and around standing water, which can collect in pet water bowls, buckets, pool covers, birdbaths and trash cans. Be sure to monitor the standing-water situation at least once a week, especially after it rains.

**2. Use insect repellent:** There are things you can do to guard your yard against mosquitos, but first you need to use spray. While it doesn't smell great, use repellent with DEET, per CDC recommendations. Mosquitos are most active approximately two hours after sunrise, several hours before sunset and can also bite at night in well-lit areas, so avoid going out at those times if possible.



**You don't have to let mosquitos ruin your time outdoors.**

**3. Cover up:** Avoid exposing bare skin when possible. Mosquitos can bite through clothing, so remember, thicker fabrics provide more protection.

**4. Plan your travel accordingly:** Stay up-to-date on Zika travel advisories and steer clear of affected areas including the Caribbean, Central America, the Pacific Islands and South America. Visit [www.cdc.gov](http://www.cdc.gov) for up-to-date information concerning Zika and travel.

**5. Protect yourself when in mosquito-infested areas:** If you're camping or traveling in affected areas, sleep under a mosquito bed net for extra protection. You can also spray your gear to repel mosquitos and carry travel-sized mosquito repellent containing DEET so you can reapply during the day.

**6. Invest in a mosquito trap:** For example, the DynaTrap® Insect Trap is inexpensive, environmentally friendly and pesticide- and chemical-free. One unit can provide mosquito relief for up to one acre of land and all you need to do is plug it in and empty the trap when it's full. It begins collecting mosquitos and other flying insects immediately but works best after a few weeks of continuous operation because it breaks the mosquitos' six-week life cycle.

### Learn More

Find out how the DynaTrap® Insect Trap works and find a retailer nearby that carries it at [www.dynatrap.com](http://www.dynatrap.com) and on Twitter @DYNATRAPH.