



Public Health Emergency Volunteer Newsletter

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Zika Virus Outbreak & Interim Guidelines for Pregnant Women

The Zika virus is a mosquito-borne flavivirus that is transmitted primarily by the *Aedes* species, such as *Aedes aegypti* and *Aedes albopictus*. Not all *Aedes* species transmit the virus, and it is unknown if there are other mosquito species that could transmit the virus. *A. aegypti* prefers to bite humans, whereas *A. albopictus* prefers to obtain it's meal from



Aedes aegypti mosquito

animals; both types are aggressive daytime biters. The *Aedes* species is present in southern United States, and local transmission of the Zika virus could occur there. Currently, neither *A. albopictus* nor *A. aegypti* are found in Wisconsin or Minnesota.

Although the virus has only made the news the past few months, the virus is not new. Zika was first detected in humans in 1952. There have been previous Zika outbreaks in Africa, Southeast Asia,

and Pacific Islands. A Zika outbreak in the continental United States is only possible if all of the following occur:

- People infected with the virus enter the United States.
- An *Aedes* mosquito in the United States bites the infected person during the relatively short time that the virus can be found in the person's blood.

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Free Volunteer Training

Volunteers fulfill the needs of communities on a daily basis. During a Public Health emergency, Thrivent Public Health volunteers assist the Appleton Health Department in mass clinic operations; the Health Department encourages all volunteers to be prepared for an emergency event by completing FREE training through the Federal Emergency Management Agency (FEMA). These courses will help volunteers better understand how they can participate in the mass clinic structure during an emergency. The courses are online and, again, they are free.

The courses can be found at the following addresses:

- **ICS 100:** <http://training.fema.gov/is/courseoverview.aspx?code=IS-100.b>
- **ICS 700:** <http://training.fema.gov/is/courseoverview.aspx?code=IS-700.a>
- **ICS 200:** <http://training.fema.gov/is/courseoverview.aspx?code=IS-200.b>

Courses should be taken in the order listed to keep the flow of information consistent.

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Zika, continued

- The infected mosquito lives long enough for the virus to multiply and for the mosquito to bite another person.

Symptoms of Zika virus include fever, rash, joint pain, and red eyes. The symptoms are usually mild and typically last several days to a week. About 80% of people infected with Zika virus do not experience any symptoms, which means screening travelers coming from places with local Zika transmission to prevent imported cases in the United States will not be effective. Currently there is no vaccine available.

Centers for Disease Control & Prevention (CDC) have confirmed that Zika virus can be sexually transmitted by men. While CDC does not yet know how long the virus can remain in semen, it is known that the virus does so longer than in blood. In one case, Zika virus was found in semen 62 days after symptoms began.

In an effort to prevent sexual transmission of Zika to pregnant women, men who have been infected with the virus or have traveled to areas with Zika

transmission should abstain from sex (vaginal, oral, and anal) with pregnant partners or use condoms properly throughout the duration of their partner's pregnancy. As of April 5, CDC recommends that if diagnosed with Zika virus, men wait six months and women wait eight weeks before attempting to conceive.

There have been reports of serious birth defects of the brain, called microcephaly, in babies whose mothers were infected with the Zika virus while pregnant. So far, all reports of microcephaly have been congenital microcephaly, but babies can contract the virus during birth if the mother was infected in the two weeks prior to delivery. It is unknown if babies who become infected during birth will develop microcephaly as a result of contracting Zika virus.

Babies born with microcephaly have heads smaller than expected and brains that may not develop properly as a result. CDC is currently recommending that all women who are pregnant, regardless of trimester, consider postponing travel to any area with ongoing Zika virus transmission. If pregnant women must travel to those areas, they should follow strict steps to prevent mosquito bites on their trip.

Prevention tips include wearing long sleeved shirts and pants, using proper mosquito screening, and using Environmental Protection Agency (EPA) registered insect repellents. EPA registered repellents are safe for pregnant and breastfeeding mothers. For more information regarding travel and Zika virus visit <http://wwwnc.cdc.gov/travel/page/zika-information>.

Appleton Health Department

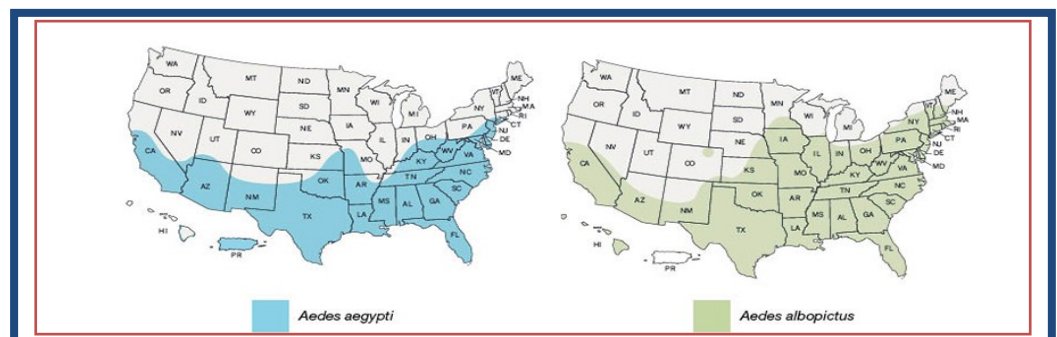
Interested in more preparedness information?

Email Sarah Burmeister at: sarah.burmeister@appleton.org
(920) 832.5856

Preparedness Resources

The best way to help your community during a disaster is to be prepared yourself. Learn how to prepare your family for emergencies.

www.ready.gov, a Federal Emergency Management Agency (FEMA) run website can help your family be more prepared.



These maps show the potential range of the *Aedes aegypti* (left) and *Aedes albopictus* (right) mosquitoes in the United States and U.S. territories as of April 5, 2016.