

Please assist us in spreading the following messages to your constituents.

Measures for Individuals to Prevent Mosquito Breeding:

- At least weekly empty or get rid of cans, buckets, old tires, pots, plant saucers and other containers that hold water.
- Keep gutters clear of debris and standing water.
- Remove standing water around structures and from flat roofs.
- Change water in pet dishes daily.
- Rinse and scrub vases and other indoor water containers weekly.
- Change water in wading pools and bird baths several times a week.
- Maintain backyard pools or hot tubs.
- Cover trash containers.
- Water lawns and gardens carefully so water does not stand for several days.
- Screen rain barrels and openings to water tanks or cisterns.
- Treat front and back door areas of homes with residual insecticides if mosquitoes are abundant nearby.
- If mosquito problems persist, consider pesticide applications for vegetation around the home.

In addition to mosquito-control strategies, the best way to avoid infection is to prevent mosquito bites by taking a few simple steps. Please encourage individuals living in your communities to take these precautions to protect themselves and their families.

Measures for Individuals to Protect Themselves from Mosquito Bites:

- Wear insect repellent.
- Cover up with long-sleeved shirts and long pants.
- Keep mosquitoes out with air conditioning or intact window screens.
- Limit outdoor activities during peak mosquito times.

The Department of State Health Services (DSHS) is available to assist you, should you have questions about how to effectively prevent Zika and other mosquito-borne illnesses in your communities. Please feel free to send any questions to TexasZika@dshs.state.tx.us. For more information about Zika virus, please also visit the DSHS Zika website at www.TexasZika.org. In addition to pertinent information about transmission and prevention, the website also includes resources you can distribute in your community to spread the message of Zika prevention.

I encourage all communities to take action now to address the threat of Zika virus in Texas. Together, we can reduce the impact of Zika and other mosquito-borne diseases in Texas. We must prepare and begin our efforts before weather conditions allow mosquitoes to proliferate. Thank you for your assistance in this important public health matter.

Sincerely,



John Hellerstedt, M.D.
Commissioner