



Zika Virus

The Zika Virus is a virus transmitted primarily through Aedes mosquitoes. The symptoms are similar to other mosquito-borne illnesses in the Southwest such as West Nile, chikungunya and dengue fever. It can also be contracted via sex.

Symptoms include:

- Fever
- Joint pain
- Muscle pain
- Rash
- Conjunctivitis (red eyes)

Protecting Against Infection

Those most at-risk are people who spend long periods of time outdoors such as construction and agriculture workers. Mosquitoes tend to breed in moist, warm environments with standing water such as buckets and gutters.

Proper Housekeeping

- Lower the risk of exposure by using EPA- approved insect repellent.
- Cover your skin as much as possible by wearing light-colored clothing.
- Zika virus is linked to serious birth defects. The Centers for Disease Control (CDC) advises pregnant workers to avoid travel to countries or in the United States where Zika has been found.
- Drain work site containers of any standing water, where mosquitoes might lay eggs.
- Close or cover containers on the work site where water might collect.

If You're Exposed, Don't Panic

- If you think you may have contracted the virus speak with your physician.
- Get plenty of rest.
- Stay hydrated.
- The symptoms last 2-7 days.

Steps Employers May Consider

- Educate outdoor workers about the risks of exposure to the Zika virus through mosquito bites, as well as information on other stinging insects.
- Offer workers EPA-approved insect repellent products to use, such as those containing DEET, picaridin (KBR 3023), Bayrepel, icaridin, oil of eucalyptus (OLE) IR3535, or para-menthane-diol (PMD).
- Consider using regular pest control at the outdoor work site to minimize the risk of mosquitoes and other stinging insects.
- Check work site buildings to ensure window screens and doors will keep out mosquitoes; if damaged, make repairs.
- Encourage workers to wear lightweight, loose-fitting clothing that covers their arms, legs and other exposed skin.

Sources: Center for Disease Control, Occupational Safety and Hazard Administration, National Institute for Occupational Safety and Hazards, Maricopa County Department of Public Health.

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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