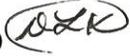


MEMORANDUM

ACTION MEMO #16-28

TO: District Nutrition Services Directors

FROM: Debra L. Keyes, MA, RD 
Director
Georgia WIC Program

DATE: August 25, 2016

RE: WIC Zika Virus Information Flyers

The purpose of this memo is to provide guidance on the Georgia WIC Program's role in providing WIC participants with information on the Zika Virus. The Georgia Department of Public Health has implemented a statewide outreach campaign to inform the public on preventing and protecting against the spread of the Zika Virus. Many handouts and fact sheets have been created for various audiences and are available on the website at www.dph.georgia.gov/zika.

The WIC Program has created a handout (See attachments below) with specific information for WIC participants. This handout, in English and Spanish, may be given to all families to provide information on prevention of the Zika virus infection. The highest risk group for adverse outcomes of Zika infection would be pregnant women followed by women who are thinking of getting pregnant.

This handout will begin shipping to your district offices on Monday, August 29, 2016.

- Protect and Prevent Zika Virus Infection (English Version)
- Protect and Prevent Zika Virus Infection (Spanish Version)

It will be imperative that the WIC staff do not consider themselves to be the subject matter experts nor provide guidance; rather, share the information and refer the participant to their healthcare provider, should the participant seek guidance. Also, should additional questions be asked, participants may be referred to www.dph.georgia.gov/zika.

A Question and Answer (Q & A) Sheet is also attached with specific answers to questions that were asked during the WIC Zika Trainings held August 19, 2016 and August 22, 2016.

Action Steps

1. Review handout and Q&A with all staff and provide guidance regarding when to share this information and how to respond to questions.
2. Confirm receipt of the Zika handouts.
3. Distribute Zika handouts to each of the clinics in your district.



August 25, 2016

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If you have any questions, please contact Shameyrae Miller at 404-657-2917 or via e-mail at shameyrae.miller@dph.ga.gov .

Attachments: Protect and Prevent Zika Virus Infection (English Version)
Protect and Prevent Zika Virus Infection (Spanish Version)
Question and Answer Sheet

c: Dr. Seema Csukas, Medical Director, Maternal and Child Programs
District Health Directors
District Program Managers
WIC Deputy Directors
WIC Managers

Questions from WIC ZIKA Training

FAQ - Questions

- 1. How do we explain the emphasis on Zika while at the same time tell moms who are thinking about getting pregnant that they are not at risk and that testing for her or her partner is not needed? Need to limit education by WIC staff to refer participants to their medical provider?**

WIC staff should be providing the information available in the WIC Zika handout. Guidance to a woman, regarding their reproductive and preconception health, on how to minimize risk of the Zika virus infection should be provided by their primary care provider, OBGyn provider or family planning provider.

- 2. Do we need to share additional “Tip and Toss” materials to go with the WIC prevention strategy?**

If families have additional questions refer them to the DPH website, www.dph.georgia.gov/zika for more information.

- 3. What long term side effects might moms and babies have from DEET exposure?**

The EPA recommended DEET products are safe and effective for pregnant women, breastfeeding women and their families when used as directed. Tips on use are provided on the WIC Zika handout.

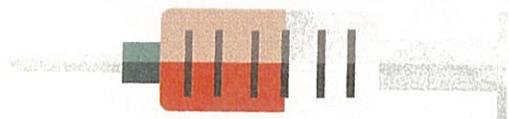
- 4. Is there any way to test for the ZIKA virus? Blood test or Urine test?**

Testing can be done with a blood or urine sample by the person’s healthcare provider.

PROTECT AND PREVENT ZIKA Virus Infection



- No vaccine to prevent Zika



- No medicine to treat Zika
- Zika can be spread through **mosquito bites** and through **unprotected sex**
- Zika is linked to **serious birth defects**



PREVENT ZIKA INFECTION DURING PREGNANCY

- Use condoms for all sexual activity if partner may have or had Zika
- OR—
- Don't have sex during pregnancy if partner may have or had Zika

THINKING ABOUT PREGNANCY?

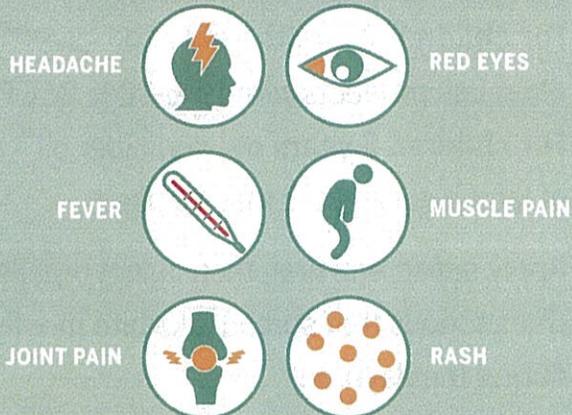
- Talk to your doctor or healthcare provider about the risks of Zika during pregnancy

BREASTFEEDING

- There are no reports of infants being infected with Zika through breastfeeding

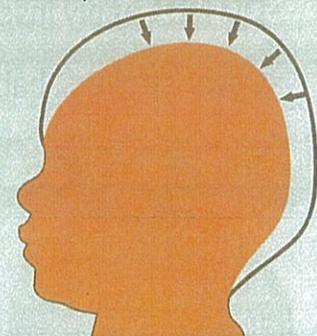
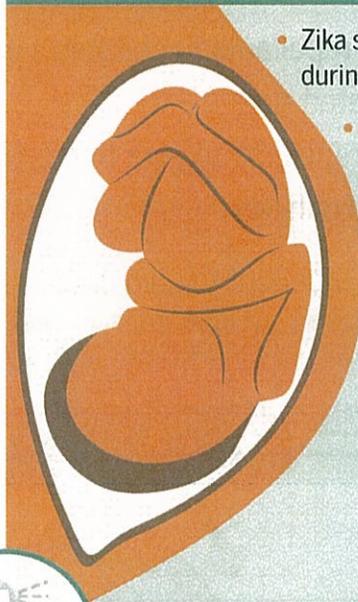


ZIKA VIRUS SYMPTOMS



MICROCEPHALY

- Zika spreads from woman to baby during pregnancy
- Zika causes a smaller-than-normal head
- Zika causes poor brain development in babies



PROTECT AGAINST



MOSQUITO BITES

- Use EPA-registered insect repellents containing **20%-30% DEET** (follow label directions)
- Used properly, EPA-registered insect repellents are **safe for pregnant and breastfeeding women**
- Dress in light-weight clothing to cover arms and legs (no bright colors, flowery prints)
- **Tip 'n Toss:** eliminate standing water around your home and yard

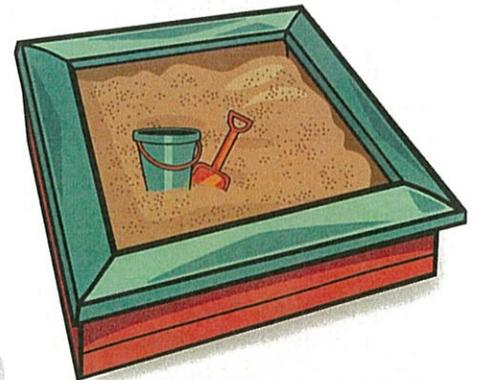
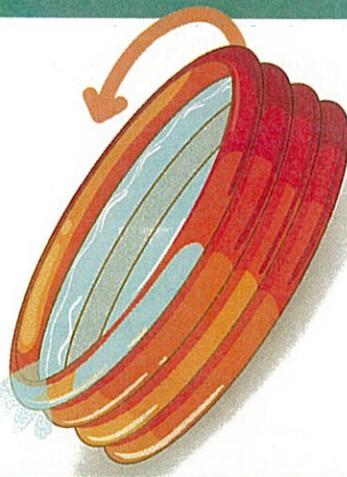
PROTECT AND PREVENT

Zika Virus Infection

- Use EPA-registered insect repellents
For children 2 months old and older use products with 10%-30% DEET
For children 3 years old and older oil of lemon eucalyptus may be used
- Apply sunscreen first, then insect repellent (mosquitoes that spread Zika bite mostly during the daytime)
- Dress in light-weight clothing to cover arms and legs (avoid bright colors, flowery prints)
- **DO NOT** apply insect repellents to children's eyes, mouth, hands or irritated skin
Adults: spray insect repellent on your hands then apply to child's face and top of head
- **DO NOT** apply insect repellent to skin under clothing
- Cover strollers, baby carriages, and car seats with mosquito netting



TIP 'N TOSS TO ELIMINATE STANDING WATER



This institution is an equal opportunity provider.

Find out what it takes to stop Zika
Please visit dph.georgia.gov/zika

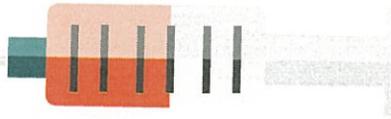


PROTEJA Y PREVENGA UNA

Infección por el virus del Zika



- No hay una vacuna para prevenir el zika



- No hay medicina para tratar el zika
- El zika se puede transmitir por la **picadura de un mosquito** y a través de las **relaciones sexuales sin condón**
- El zika está asociado a **defectos graves de nacimiento**



PREVENGA UNA INFECCIÓN POR ZIKA DURANTE EL EMBARAZO

- Use condones siempre que tenga relaciones sexuales si su pareja puede tener zika
- 0—
- No tenga relaciones sexuales durante el embarazo si su pareja puede tener o tuvo zika

¿PLANIFICA QUEDAR EMBARAZADA?

- Hable con su médico o proveedor de atención médica sobre los riesgos del zika durante el embarazo

LACTANCIA

- No hay informes de infección por el zika en los bebés a través de la lactancia



SÍNTOMAS POR EL VIRUS DEL ZIKA

DOLOR DE CABEZA



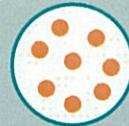
OJOS ROJOS

FIEBRE



DOLOR MUSCULAR

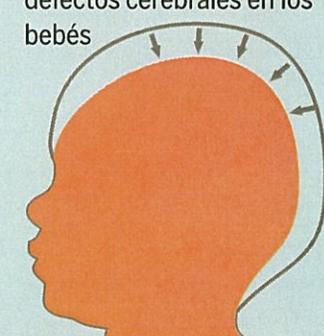
DOLOR EN LAS ARTICULACIONES



SARPULLIDO

MICROCEFALIA

- El zika se pasa de una madre a su bebé durante el embarazo
- El zika causa una cabeza más pequeña de lo normal
- El zika puede causar defectos cerebrales en los bebés



PROTÉJASE CONTRA LAS



PICADURAS DE MOSQUITO

- Use repelentes de insectos registrados por la EPA que contengan de **20%-30% de DEET** (*siga las instrucciones de la etiqueta*)
- Si se usan correctamente, los repelentes registrados por la EPA son **seguros en mujeres embarazadas y lactantes**

- Use ropa ligera de colores claros que cubra brazos y piernas (no colores brillantes ni diseños florales)
- **Vacíe y Deseche:** elimine el agua estancada en su casa y su jardín

PROTEJA Y PREVENGA

Infeción por el virus del Zika

- Use repelentes de insectos registrados por la agencia de protección ambiental (EPA)

Para niños de 2 meses de edad en adelante, use productos que contengan de 10%-30% de DEET

Para niños de 3 años en adelante, puede usar aceite de eucalipto de limón

- Aplique primero el bloqueador solar y luego el repelente de insectos (los mosquitos que transmiten el zika pican principalmente durante el día)

- Use ropa ligera de colores claros que cubra brazos y piernas (evite colores brillantes y diseños florales)

- **NO** aplique repelentes de insectos en los ojos, la boca, las manos o la piel irritada de los niños

Adultos: vierta o rocíe repelente de insectos en sus manos y luego aplíquelo en la cara y la parte superior de la cabeza del niño

- **NO** aplique repelente de insectos en la piel cubierta por la ropa
- Cubra con mosquiteros los porta bebés, carritos y asientos para bebé



ILUSTRACIONES CORTESÍA DE CDC



VACÍE Y DESECHE PARA ELIMINAR AGUA ESTANCADA

