



Cochise County Health and Social Services

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*** * * MEDIA RELEASE * * ***

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FOR IMMEDIATE RELEASE: *Three Confirmed Cases of Zika in Cochise County*

Cochise County has confirmed three travel-related cases of Zika. The three County residents had recently returned from a trip to Puerto Rico, one of the countries most heavily impacted by the Zika virus and on the list of 38 countries subject to Zika-related travel health notices issued by the US Centers for Disease Control and Prevention. The three affected travelers experienced mild symptoms of illness and have since recovered.

The Zika virus is primarily spread through the bite of the *Aedes aegypti* mosquito, which is prevalent throughout Arizona. "Avoiding mosquito bites is the best way to prevent Zika, along with other illnesses such as West Nile virus, dengue, and chikungunya," counsels Elizabeth Lueck, Director of Cochise County Public Health Emergency Preparedness.

All residents are strongly encouraged to take precautionary steps to avoid these mosquito related illnesses. These steps include using DEET-based insect repellent anytime you are outdoors, avoiding contact with mosquitoes, wearing long sleeves and pants, and eliminating all sources of standing water indoors and outdoors in order to inhibit mosquito breeding sites. Pregnant women, or those intending to become pregnant, should consult their physicians before traveling to countries where Zika is epidemic.

Cochise Health and Social Services staff routinely monitors mosquito activity from July through October each year. This involves trapping mosquitoes from points throughout the county and testing for a variety of mosquito-borne viruses. So far this year, mosquito trapping has yielded no positive results for any vector-

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borne diseases. Environmental Health staff is also mitigating mosquito breeding sites throughout the County.

Additional information on Zika prevention may be found at: <http://www.azdhs.gov/preparedness/epidemiology-disease-control/mosquito-borne/index.php#zika-home> .

About Cochise Health and Social Services

On behalf of the Board of Supervisors, Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through community partnerships, education, service, and leadership. For more information, including recent media releases, please visit our website at <https://www.cochise.az.gov/health-and-social-services/home>.

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