Zika virus disease (ZVD) is a disease caused by the Zika virus that is spread to people primarily through the bite of an infected mosquito. Zika can also be spread through sexual contact and from a pregnant woman to her fetus. Many infect people will not have symptoms or will only have very mild symptoms. The most common symptoms are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually do not get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected.

Zika can cause a severe birth defect called microcephaly (abnormally small head) severe fetal brain defects, and other conditions such as Guillain-Barre Syndrome.

**CDC RECOMMENDS SPECIAL PRECAUTIONS FOR PREGNANT WOMEN AND WOMEN TRYING TO BECOME PREGNANT**

Pregnant women in any trimester should consider postponing travel to areas where Zika virus is spreading. Pregnant women who do travel to one of these areas should talk to their doctor first and strictly follow steps to avoid mosquito bites during the trip. Women whose partner has traveled to an area where Zika is present should abstain from sex, or correctly and consistently use condoms for all sex acts, throughout the remainder of the pregnancy. See your doctor if you are pregnant and have traveled, or plan to travel, to an area where Zika is present.

Finally, no local mosquito-borne Zika virus disease cases have been reported in New Jersey, but there have been travel-associated cases. Eliminating the presence of standing and stagnant water can go a long way to reducing the mosquito population and other mosquito-borne diseases such as West Nile Virus. Stagnant water can collect in many places around the home, such as bird baths, empty ceramic pots, discarded tires, buckets, clogged rain gutters, and plastic wading pools to name a few. Please take the following steps to prevent mosquito breeding:

- Replace water in your birdbaths every couple of days.
- Dispose of tin cans, plastic containers, ceramic pots and other water-holding containers that are outside.
- Clean and chlorinate swimming pools.
- Turn over plastic wading pools, wheelbarrows, and buckets when not in use.
- Aerate ornamental pools, or stock them with fish.

By using these simple control measures you can help reduce the population of mosquitoes around your home and will be more able to enjoy the spring and summer months!

If you have specific questions please contact the health department at 732-968-5151 or 908-753-8000. For more information, visit us at [www.middlebrookhealth.org](http://www.middlebrookhealth.org) and the CDC at [http://www.cdc.gov/zika/index.html](http://www.cdc.gov/zika/index.html).
RABIES CLINIC

The Middle-Brook Regional Health Commission will be offering several rabies clinics this fall. All residents are encouraged to have their dog or cat vaccinated against rabies. Throughout the spring and summer, cases of rabies were reported throughout the state, including around our area. Rabies vaccination is the best defense for our pets. If your pet has been previously vaccinated the health department recommends that your dog or cat be vaccinated every other year. If your pet has not been vaccinated against rabies now is the time. The clinics are free to all.

Saturday, November 4, 2017
9:00 am to 10:00 am
South Bound Brook Public Works Garage
South Bound Brook, NJ

Saturday, November 4, 2017
11:00 am to 12:00 noon
Green Brook Fire Department
Green Brook, NJ

Saturday, December 2, 2017
9:00 am to 10:00 am
Watchung Fire Department, Mountain Ave
Watchung, NJ

Saturday, December 2, 2017
11:00 am to 12:00 noon
Bound Brook Police Department
Bound Brook, NJ

LYME DISEASE

Lyme disease, and other diseases, is transmitted through the bite of an infected tick. The ticks are often found on the body in the groin area, armpits, and scalp. Typical symptoms of Lyme disease are fever, headache, fatigue and sometimes a skin rash that looks like a bull’s eye. The good news is that Lyme disease is preventable.

To prevent Lyme disease:

- Remove tick habitats (high grass and weeds).
- Avoid walking in wooded, bushy areas with high grass or leaves and when walking in the woods, walk in the center of the trails.
- Use an insect repellent that contains at least 20% DEET when outdoors.
- Perform “tick-checks” regularly (at least daily) to prevent ticks from attaching and follow the steps below to remove identified ticks.
  1. Use a fine-tipped tweezers and grasp tick as close to the skin as possible.
  2. Pull upward with a steady, even pressure.
  3. After removing tick, thoroughly clean the bite.

If you feel that you have been exposed to Lyme disease, please contact your physician.

FLU SEASON MEANS FLU SHOTS ARE NEEDED

The flu vaccine reduces the incidence of illness in the community. The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months of age get a flu vaccine each year, but it is especially important that certain people get vaccinated either because they are at high risk of having serious flu-
related complications or because they live with or care for people at high risk for developing flu-related complications.

For example, the following groups are at particular risk:

- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - Health care workers
  - Household contacts of persons at high risk for complications from the flu
  - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

You can search for clinics throughout the State and learn more at:

http://www.nj.gov/health/cd/topics/flu.shtml