

July, 2016

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Zika—Here's the Buzz

- ☞ The majority of Zika Virus transmissions occur through the bite of an infected *Aedes* mosquito, which are aggressive mosquitos that often bite during the day
- ☞ A man can spread Zika Virus sexually to his partner
- ☞ The virus can be transmitted to an unborn child from a pregnant woman. Zika Virus is linked to microcephaly, a condition in which a baby's brain has not properly developed or stops growing after birth
- ☞ Zika Virus can be present in the blood for about a week after contraction, therefore, Zika can be spread if a mosquito bites an infected person and then bites someone else
- ☞ To date, there are no treatments or medication for Zika Virus
- ☞ It is possible to contract Zika Virus and have no symptoms. Those that experience symptoms may suffer fever, rash, joint pain, red eyes, muscle pain, and/or headache

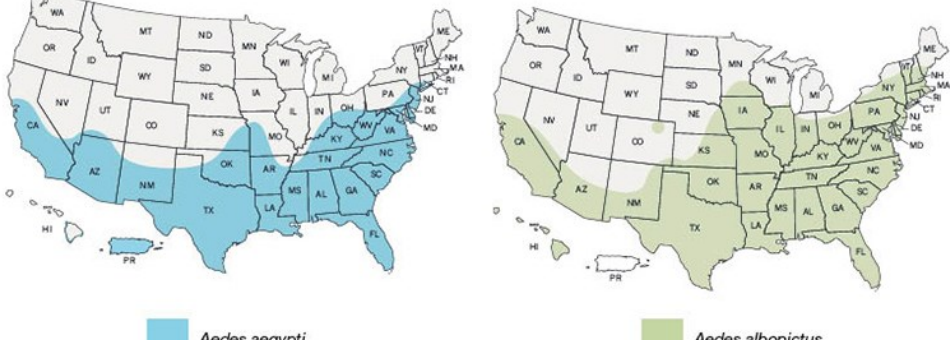


Newsletter Spotlight

- Zika- Here's the Buzz
- Zika Statistics
- Lyme Disease
- Tick Removal Tutorial
- Mosquito and Tick Prevention Tips
- Did you know? Wyoming Quick Facts

[CDC](#)

Location of common mosquito transmitters of Zika Virus



Zika Statistics

United States (as of July 13, 2016):

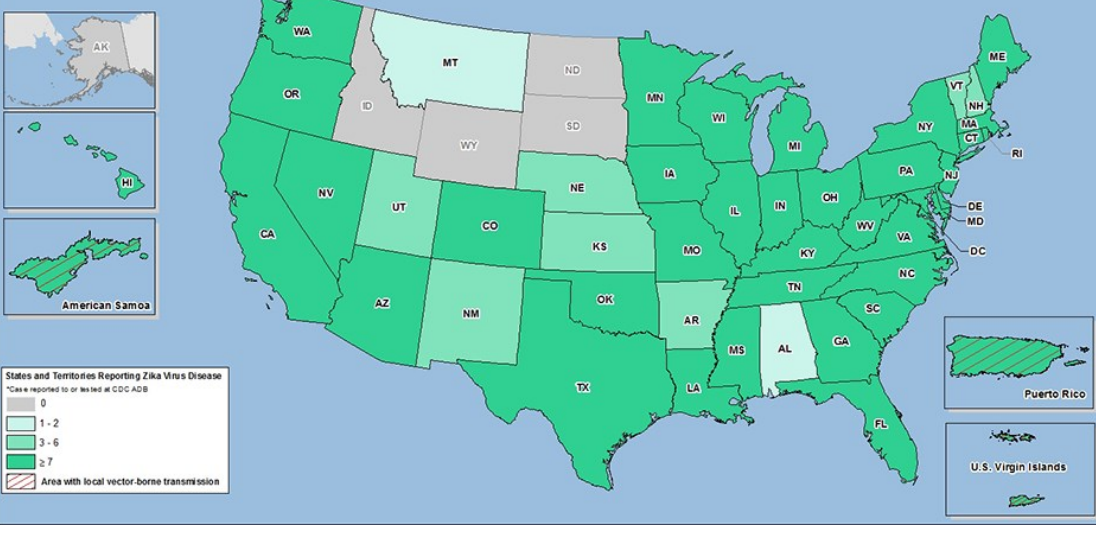
- 0 locally acquired mosquito borne cases
- 1,305 travel associated cases
 - 229 in Florida (highlight)
 - 339 in New York (highlight)
 - 14 sexually transmitted cases
 - 5 Guillain-Barré syndrome
- 1 laboratory acquired case



United States Territories (as of July 13, 2016):

- 2,905 locally acquired cases
 - 2,843 in Puerto Rico
 - 41 in American Samoa
 - 21 in US Virgin Islands
- 11 travel associated cases
 - 8 in Puerto Rico
 - 2 in American Samoa
 - 1 in US Virgin Islands

[CDC](#)

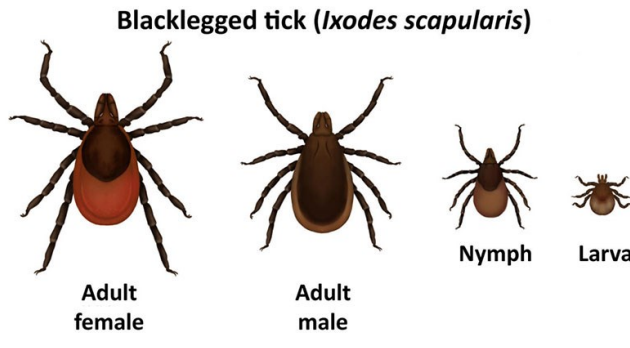


Lyme Disease

- ☞ Lyme Disease is caused by a bacterium named *Borrelia burgdorferi*, and is transmitted through the bite of an infected blacklegged tick
- ☞ Symptoms of Lyme Disease include fever, headache, fatigue, facial paralysis, arthritis, swollen knee, and the erythema migrans rash
- ☞ Caught early, Lyme Disease can be treated with antibiotics which lead to a typically fast recovery

[CDC](#)

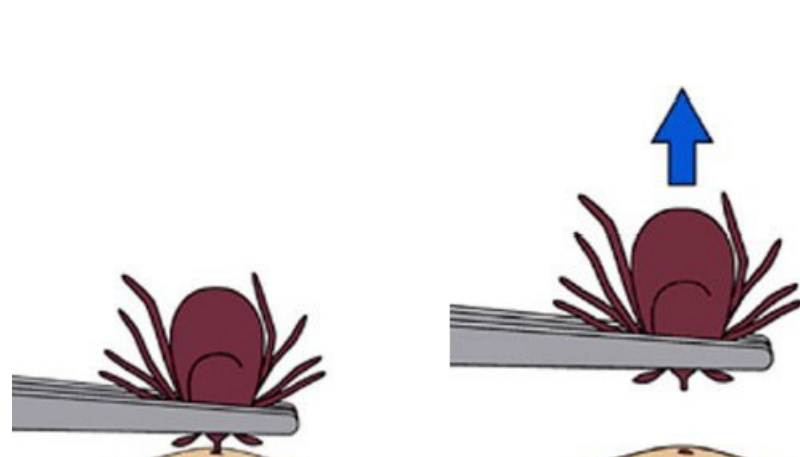
Blacklegged tick (*Ixodes scapularis*)



So, you find a tick attached to you. Now what?

- ☞ Using fine tipped tweezers, grasp the tick as close to your skin you can
- ☞ Using steady, even pressure, pull upward without twisting or jerking. You don't want to leave part of the tick in your skin!
- ☞ Clean the bite area well with rubbing alcohol, iodine scrub, or soap. Don't forget to clean your hands!
- ☞ A live tick should be submersed in rubbing alcohol, placed in a sealed container, wrapped snugly in tape, or flushed. DO NOT crush the tick with your fingers!

[CDC](#)



The best treatment for Zika Virus and Lyme Disease is prevention!

For mosquitos:

- ☞ Use insect repellent. The higher the active ingredient percentage, the better! Examples of active ingredients are DEET, picaridin, oil of lemon eucalyptus, and IR3535
- ☞ Ensure your screens are intact on windows and doors
- ☞ If available, use air conditioning
- ☞ Mosquitos lay eggs near water, so be mindful of standing water
- ☞ Remember that Zika spreading mosquitos most often bite during the day, so take extra caution in the daytime hours

For ticks:

- ☞ Stay away from wooded or brushy areas. Pay special attention to high grasses and leaf litter
- ☞ Stay on trails!
- ☞ Use repellents with 20-30% DEET on both skin and clothing
- ☞ Treat clothing and gear with products that contain 0.5% permethrin
- ☞ Check yourself immediately after possible exposure for ticks!
- ☞ Remember that ticks can attach to gear and pets. Do not neglect these items as ticks can transfer to humans later
- ☞ Toss dry clothes in a tumble dryer for 10 minutes on high heat to kill ticks

For more information on both Zika Virus and Lyme Disease, visit the [CDC's](#) main website, and conduct a search for each respective virus/disease

Did You Know? Wyoming Quick Facts

- Wyoming's state insect is Sheridan's Green Hairstreak Butterfly, which was adopted on July 1, 2009
- The butterfly was discovered in 1877 near present day Sheridan. The town of Sheridan and the butterfly itself are named after Civil War Commander Lt. Gen. Philip H. Sheridan
- The butterfly's primary food source is the sulfur flower
- The ideal habitats for the Green Hairstreak Butterfly are grasslands, woodland rides and clearing, for the moorland, bogs, railway cuttings, quarries, and rough grasslands, making Wyoming the perfect home for this beautiful insect!

References:

- [Wyo.gov](#)
- [Butterfly-Conservation.org](#)
- [UWyo.edu](#)

