



COMAL COUNTY

PUBLIC INFORMATION

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Steps to avoid Zika while traveling

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NEW BRAUNFELS — As area residents travel for the summer, the Comal County Office of Public Health, City of New Braunfels and Texas Department of State Health Services remind those visiting countries in Central and South America or the Caribbean to take precautions and minimize their risk of contracting Zika virus and other mosquito-borne diseases.

Travelers should keep the following recommendations in mind, said Angela Lopez, emergency preparedness coordinator for the Public Health Office:

- Always wear DEET-based mosquito repellent and long sleeves. Permethrin-treated clothing is also recommended.
- If pregnant, avoid travel unless absolutely necessary. If travel is necessary, coordinate with your obstetrician before you leave and follow-up when you return.
- Because Zika is sexually transmitted, couples should take steps to prevent pregnancy for eight weeks after a partner returns. Additional information on couples seeking to prevent the sexual transmission of Zika can visit texaszika.org/prevention.

“We encourage Comal County residents to continue to exercise caution and keep themselves from being bitten by mosquitoes,” Lopez said. “Especially if you’re pregnant or anticipate becoming pregnant, arm yourself with information and take steps to protect you and your baby.”

No cases of Zika have been reported in Comal County. Residents should continue to take steps to combat mosquito breeding around their homes by draining standing water and making sure doors and windows are adequately screened, as well as continuing to wear long sleeves and insect repellent.

More information about Zika and mosquito prevention can be found at texaszika.org.

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