



# Information on Zika Virus Testing (outside of New York City)

## **1. Talk to your health care provider about Zika.**

At this time, you can get tested if you:

- Are pregnant, and travelled to a place where Zika virus was being transmitted while you were pregnant
- Are a man or woman who become (or became) ill with symptoms of Zika virus within 4 weeks of travel to a place where Zika virus is being transmitted.

## **2. Get a “Zika virus testing approval form” from your local health department (LHD)**

Your health care provider will work with you and your LHD to get this approval. (Contact information for LHDs is available at <http://www.nyscho.org/i4a/pages/index.cfm?pageID=3779>)

You must get approval from your LHD before you can get tested. The form can be emailed to you or your health care provider, or the LHD can give it to you. The form could also be faxed.

## **3. Get a Zika virus test prescription from your health care provider**

In addition to getting LHD approval for testing, your health care provider will give you a prescription for the lab tests that are needed.

## **4. Call the collection site to see if an appointment is needed**

A list of hospitals and their laboratory telephone numbers is available to your provider and local health department.

## **5. Go to the collection site**

You need to bring the approval form from the LHD and the prescription from your provider. The sample collection site is not able to provide any lab testing unless you give them both the health department approval form and the healthcare provider's prescription.

At the collection site, blood and urine samples will be collected and sent to Wadsworth Center, the New York State public health laboratory, for Zika virus testing. There will be no charge to you for the blood and urine collection, shipping and testing. Make sure you wear short sleeves or sleeves that can easily be rolled up.

## **6. Results of your tests**

Testing for Zika virus infection is a two-step process. The first test results will be available within a few days of the sample collection. However, in most cases, additional testing is required to determine if you were infected; these results may take up to 21 days due to the complicated nature of the tests involved. Some people may need additional blood samples collected three weeks after the first samples. Test results will be sent to your healthcare provider, and you can discuss your results and ask any questions you may have.

## **7. Questions?**

Call your local health department or the New York State Department of Health at 1-888-364-4723.

Instructions for Zika virus testing for NYC residents can be found at: <http://www1.nyc.gov/assets/doh/downloads/pdf/cd/zika-advisory4.pdf>

# ZIKA VIRUS

**Pregnant women should not travel to Zika areas.  
Here's what you need to know if you *must* travel.**



## Before You Travel

**Talk to your healthcare provider about the risks of Zika virus.**

**Learn how to protect yourself from mosquito bites.**

## When Traveling

**Avoid travel to places where Zika is present.**

**Otherwise, use an insect repellent and wear protective clothes.**

## If You Have Traveled

**If you are pregnant you can get tested.**

**Talk to your healthcare provider about Zika symptoms and your need for a test for the virus.**

## Get the FAQs on Zika Virus:

**[www.health.ny.gov/diseases/zika\\_virus/](http://www.health.ny.gov/diseases/zika_virus/)**

**Hotline: 1-888-364-4723**



**Department  
of Health**



## Mosquito Bite Prevention for Travelers



Mosquitoes spread many types of viruses and parasites that can cause diseases including chikungunya, dengue, Zika, and malaria.

**Protect yourself and your family from mosquito bites.** Here's how:



### Cover up!

Wear long sleeved shirts and pants.



### Use an EPA-registered insect repellent.

Follow the label instructions carefully.



### If you are travelling with a baby or child:

Do not use insect repellent on babies younger than 2 months of age.

Dress children in clothing that covers arms and legs.



### Keep mosquitoes out of your hotel room or lodging.

Look for air conditioning or screens on windows and doors.



**Pregnant women should not travel to Zika areas.**

If you *must* travel, take extra precautions.

## Learn more:

**Zika Virus  
Mosquitoes and Disease  
Zika Information Line**

[https://www.health.ny.gov/diseases/zika\\_virus/](https://www.health.ny.gov/diseases/zika_virus/)  
[http://www.health.ny.gov/diseases/west\\_nile\\_virus/](http://www.health.ny.gov/diseases/west_nile_virus/)  
1-888-364-4723



**Department  
of Health**

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**Learn how to protect  
yourself from  
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**Department  
of Health**

# MOSQUITOES & THE ZIKA VIRUS:



Information & tips on how to reduce risk from the **Suffolk County Department of Health Services**

## ZIKA VIRUS

The Zika virus was first found in humans in 1952 in Africa. In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. As of April 2016, all cases of Zika virus in New York have been associated with travel to areas where outbreaks are taking place.

Infection with Zika virus is usually mild, with most people showing no symptoms. However it is now established as a cause of severe birth defects and serious medical complications. If you are pregnant or are trying to get pregnant and think that you may have been exposed to the Zika virus, or if your partner recently traveled to an area with Zika virus, you should discuss it with your OB-GYN or primary care provider.



## PROTECT YOURSELF FROM MOSQUITO BITES

- Cover your skin: wear shoes and socks, long pants and a long-sleeved shirt when outdoors for long periods or when mosquitoes are more active.
- Apply repellent according to label directions.
- Cover baby carriers with mosquito netting when outside.
- Close doors and make sure windows have screens on them.

See the Centers for Disease Control and Prevention web site for more information:

<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

## PRECAUTIONS WHEN USING MOSQUITO REPELLENTS

- Avoid prolonged and excessive use of repellents.
- Use only EPA-registered repellents that contain between 20% and 35% DEET.
- Do not allow children to apply repellents themselves. Apply to your own hands and then put it on the child. Do not apply to children's hands. Do NOT use repellent on babies younger than two months old.
- Do not apply near eyes, nose or mouth; use sparingly near ears.
- Do not apply to sunburned, cut, bruised or irritated skin.
- After returning indoors, wash skin and clothing.

*Other repellents protect against mosquitoes but may not be effective against ticks or other bugs: Picaridin (a.k.a. KBR 3023, Bayrepel, and icaridin); Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD); and IR3535.*



**STEVE BELLONE**  
County Executive

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Commissioner

**Suffolk County Department of Health Services:**  
[www.suffolkcountyny.gov/Health](http://www.suffolkcountyny.gov/Health)  
631-787-2200



/SuffolkCountyHealthServices



@SuffolkCoHealth

**#ZikaActionNY**





# May 14<sup>th</sup> is Suffolk County Zika Action Day

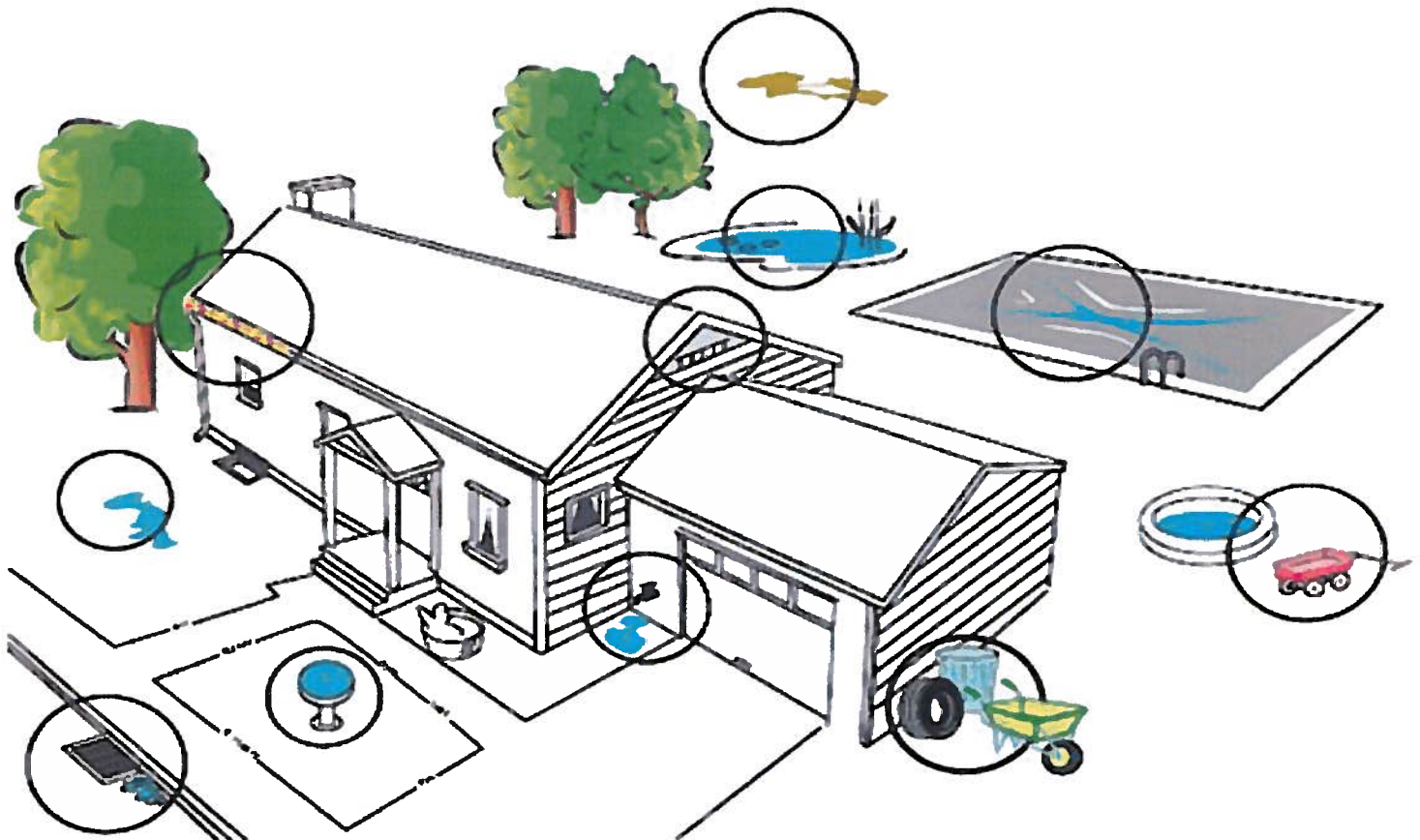
*Together we can reduce the numbers of mosquitoes in our communities  
& stay informed to prevent the spread of the Zika virus.*

**On May 14<sup>th</sup>, post a photo of what you & your family are doing to reduce mosquitoes  
around your home with the hashtag #ZikaActionNY**

## REDUCE MOSQUITOES AROUND YOUR HOME & YARD

*Mosquitoes lay their eggs in or near water, and their offspring "grow up" in water before emerging as adults that fly and bite. Therefore, mosquitoes can be controlled by controlling water.*

- 1.** Dump water frequently from outdoor items such as children's toys, bird baths, planters, dog bowls, and garbage cans. Turn upside down, cover, or drill holes in the bottom of items that can hold water.
- 2.** Dispose of used tires, which are a significant mosquito-breeding site. Call your local municipal public works office or the DEC Regional Office to find out how to dispose of used tires properly.
- 3.** Unclog gutters.
- 4.** Tend to your yard and fill in any holes with dirt where water could accumulate.
- 5.** Drain water from pool covers and maintain swimming pools and other water features, such as hot tubs, fountains and ponds.
- 6.** Make sure all window and door screens are free of holes and rips that could let mosquitoes inside.



**#ZikaActionNY**

