

If you watch the news, there is no doubt you've heard about the Zika Virus, but what is it? Who is affected? And most importantly, how can we protect ourselves during Festival Season when a lot of us are working and playing outdoors?

See the page below then follow the Learn More link to see more about this and other health news at www.neworleansmusiciansclinic.org



NEW ORLEANS MUSICIANS' CLINIC & ASSISTANCE FOUNDATION

PREVENTION AND PROTECTION

With festival season coming up, it's hard to avoid performing outside, but you **CAN** avoid getting the Zika virus!

The best prevention strategy is to protect yourself from mosquito bites:

- Use plenty of insect repellent!
- Wear long-sleeved shirts and long pants or permethrin-treated clothing when performing at outdoor gigs, venues, and festivals.
- Reduce mosquito exposure by limiting outdoor activities when mosquitoes are active.

CHOOSING THE RIGHT INSECT REPELLANT

Look for these ingredients and brand names on the label!

Use an insect repellent with one of the following active ingredients:

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	(Insect repellents may be sold under different brand names overseas.)
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023 , Bayrepel, and Icaridin	Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart



QUICK TIPS FOR PROTECTING YOUR HOME FROM MOSQUITOS

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• Eliminate standing water around your home, this is where mosquitoes breed!

Remove trash, old tires and other items that can hold water and are sitting on your property. Turn over buckets, trashcans, children's toys or anything that could collect water.
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• For containers that can't be removed, such as pet dishes, bird baths, or plant saucers, drop some mosquito bits or dunks into the water to kill mosquito larvae before they're old enough to bite!

Use air-conditioning or make sure window and door screens are in good repair to prevent mosquitoes from getting inside.

[LEARN MORE](#)

The Zika Virus, Who Is At Risk, Symptoms and notes for Traveling Performers

at www.neworleansmusiciansclinic.org

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