Sometimes 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 repellant!
- 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.

WHAT ARE THE SYMPTOMS?

80% of people will not have symptoms and never know they were infected. About 1 in 5 people infected with Zika will become ill. However, see a doctor if you develop a fever AND any of the following symptoms after a potential exposure to mosquito bites:

- Fever
- Headache
- Red eyes
- Skin rash
- Fatigue
- Muscle/joints pain

WHAT IS THE ZIKA VIRUS?

Zika is a virus spread by Aedes mosquitoes, the same as Yellow Fever. It usually causes mild illness, normally lasting 2-7 days. There is no specific treatment or vaccine currently available, but the best form of prevention is protection against mosquito bites.

AM I AT RISK?

The Aedes mosquito is common in Louisiana, and if you spend a lot of time performing outdoors, you are at greater risk and should take steps to protect yourself.
If you are going on tour to areas of the world where Zika virus is found, it is important you take the right precautions to protect yourself from mosquito bites. For country specific travel information and recommendations, visit www.cdc.gov/travel.

For more information on Zika Virus, please visit http://www.cdc.gov/zika/prevention

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**QUICK TIPS FOR PROTECTING YOUR HOME FROM MOSQUITOS**

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.

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. If your screens have any holes or tears, consider hanging a mosquito net over your bed at nighttime.

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**CHOOSING THE RIGHT INSECT REPELLENT**

Look for these ingredients and brand names on the label!

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

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

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**TRAVELING PERFORMERS!**

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