

*Health & Faith*

PAGE 4

**Battle of the**



PAGES 2-4

**PUBLIC**

*Health*

MONTHLY UPDATE

Read more about what we're doing online



**It's almost opening day!**

PAGES 5-7



They're annoying.  
They carry disease.

## And they're invading your yard.

**M**osquitoes — the annoying critters are out and about, and they're hungry for your blood.

In North Carolina, the mosquito population includes the common Asian tiger mosquito. Considered to be a pest animal, mosquitoes can be irritating and their itchy bites are a nuisance to people trying to enjoy outdoor activities. In some cases, though, they can be more than a pest and actually transmit diseases such as West Nile virus and the Zika virus, which has been in headlines across the Americas for the past few months.

The key to controlling mosquito population lies in their life cycle: They need water. If we eliminate places where they can lay their eggs, we prevent the next generation of critters from hatching.

Usually, the Asian tiger mosquito doesn't fly far. If you seem to be swatting these most often, it's likely that they are breeding somewhere close to you. If that's the case, let

### FIGHT THE BITE

» USE REPELLENTS containing DEET, picaridin, IR3535, some oil of lemon eucalyptus or para menthane-diol. Follow package directions.

» BECAUSE MANY SPECIES of mosquitoes are most active at dusk and dawn, consider wearing long sleeves and pants if you are going to be outside in those times.

» IF YOU OPEN YOUR WINDOWS, make sure the screens are free of rips, tears and holes.

your neighbors know. If everyone in an area eliminates breeding areas, you should see a reduction in mosquitoes in your yard within few weeks.

NC State University's Department of entomology and the North Carolina Cooperative Extension recommends an easy technique for stopping mosquitoes from breeding called Tip and Toss. Around our homes and neighborhoods, we have a lot of places that hold water and harbor mosquito larvae such as bird baths, canoes, discarded tires,



Bird baths can harbor mosquito larvae and plant pots. To Tip and Toss, we should get rid of things that can hold stagnant water. If you do use buckets or barrels, keep them covered with a screen to keep mosquitoes from entering and laying their eggs in them. Emptying standing water from flower pots, buckets and barrels, changing the water in pet dishes and replacing the water in bird baths weekly, drilling holes in tire swings so water drains out and keeping wading pools empty and on their sides when they aren't being used are all ways of eliminating breeding places for mosquitoes. We should also make sure gutters are cleaned out so water drains from them properly.

# Problem:



## Zika—a health threat for some people.

### What we know.

- There is no vaccine or medicine for Zika.
- Zika may spread through mosquito bites in some states later this spring and summer. Based on US experiences with similar viruses (dengue and chikungunya), we know that states like Florida, Hawaii, and Texas, may well have cases or small clusters of diseases that are spread by infected mosquitoes. Additional states may also be at risk.
- Some infected people will get mild symptoms (fever, rash, joint pain, or red eyes) for up to a week but most people won't even know they are infected.
- Zika has been linked to microcephaly, a serious birth defect that causes a baby to be born with a smaller brain than normal and results in medical problems and impaired development.  
[www.cdc.gov/ncbddd/birthdefects/microcephaly.html](http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html)
- Zika can be passed from an infected man during sex. To date, we have not seen transmission from a woman during sex. The man gets infected by mosquito bite and spreads it to his partner through unprotected sex. This is preventable by using condoms the right way every time during all types of sex.

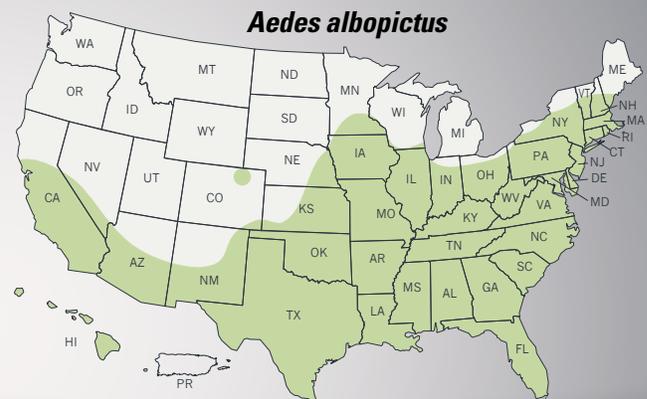
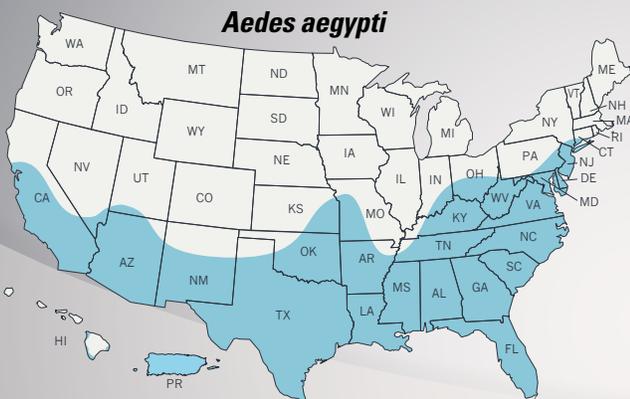
### What we don't know yet.

- If you're pregnant: How likely is it that your fetus will have birth defects if infected? When during a woman's pregnancy is the fetus most vulnerable and when can the virus be detected? How likely are you to get infected with Zika and pass it on?
- How often does a man spread Zika through sex and how long does the virus stay in semen?
- Which states, with certainty, may be affected by Zika?
- For updated information about areas with Zika, go to [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html)

Want to know more? Go to <http://www.cdc.gov/zika/>



## Estimated range of *Aedes aegypti* and *Aedes albopictus* in the United States, 2016\*



***Aedes aegypti* mosquitoes are more likely to spread viruses like Zika, dengue, chikungunya than other types of mosquitoes such as *Aedes albopictus* mosquitoes.**

- These maps show CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States.
- These maps include areas where mosquitoes are or have been previously found.
- Shaded areas on the maps do not necessarily mean that there are infected mosquitoes in that area.

\*Maps have been updated from a variety of sources. These maps represent CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States. Maps are not meant to represent risk for spread of disease.

In North Carolina, there have been 10 cases of travel-associated Zika infections



Current information from NCDHHS: <http://epi.publichealth.nc.gov/zika/>

# CHIKUNGUNYA, DENGUE, or ZIKA: What is an imported case?

A person who was bitten by an infected mosquito while traveling away from home.



A person gets bitten by an infected mosquito while traveling.

Symptoms may begin 3–7 days after being bitten by an infected mosquito.



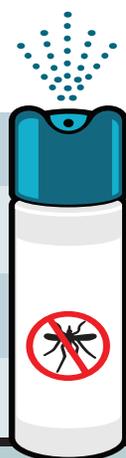
U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
<b>DEET</b>	Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>	Repel
<b>IR3535</b>	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



# Eat your vegetables

Fourth annual farmers market season opens in June

**As** local farmers start harvesting the first of their summer crops, Catawba County Public Health's Farmers Market is returning for a fourth season – but with one major change. The market will take place an hour earlier than last year.

Farm fresh & family friendly!



The weekly market is set to run on Thursdays from 10 a.m. to 1 p.m. from June 2 to the end of September. It will be held, weather permitting, in the Public Health parking lot.

The market is open to the public, and cash, debit cards, EBT, WIC and senior farmers market vouchers will be accepted. Ample parking is available, and the market can also be reached by two Greenway bus routes. Around 275 customers attended the market each week last season and purchased produce from dedicated vendors. The Public Health Farmers Market saw a double-digit increase in the use of EBT last year.

In partnership with the Women, Infants, and Children (WIC) program, the market's goal is to improve individual and community health by increasing access to fresh fruits and vegetables. WIC clients receive Farmers Market Nutritional Program vouchers when available to supplement their WIC food benefits with fresh, local produce during the summer months.

“We started the market hoping to see not just increased access to healthy foods, but also increased redemption of WIC Farmers Market Nutritional Program vouchers,” said Julie Byrd, WIC Director at Catawba County Public Health. “We’ve been



**WHO TO CALL?**

Catawba County WIC clients interested in receiving farmers market vouchers this year may call (828) 695-5884 for more information.

**ONLINE:** <http://www.catawbacountync.gov/phealth/Adult/FarmersMarket.asp>

excited to see how well received this market has been in our community, and we hope it continues to be a great resource for healthy foods for our residents and clients.”

**WHAT IS WIC?**

WIC is a federal supplemental nutrition program funded by the United States Department of Agriculture (USDA) for pregnant, postpartum and breastfeeding women and children up to age five. The program helps prevent nutrition-related problems in pregnancy, infancy and early childhood. Farmers Market Nutritional Program vouchers provide fresh fruits and vegetables for WIC recipients.

**OUT AND ABOUT?**

Try out the Center United Methodist Church farmers market on Wednesdays from 2-5:30 p.m. at 4945 Sherrills Ford Road, Catawba, NC, at the intersection of Murray’s Mill, Sherrills Ford and Buffalo Shoals roads. Call (704) 483-0367 for more information.



Cash, debit, EBT and WIC  
farmers market vouchers accepted

CATAWBA COUNTY PUBLIC HEALTH

# FARMERS MARKET

THURSDAYS  
10AM TO 1PM



In the public health parking lot  
behind Catawba Valley Medical Center  
3070 11th Ave Dr SE, Hickory

SCAN ME!



FARM FRESH AND FAMILY FRIENDLY