

 **Safety and Security Bulletin Zika Virus and Outdoor Water Safety Tips**

 **Zika Virus Information:**

There is no current vaccine to prevent the **Zika** and related mosquito-borne viruses. About one in five people infected with **Zika virus** will develop symptoms, the most common ones being fever, rash, joint pain, conjunctivitis or red eyes, muscle pain, mild headache. The best way to prevent diseases spread by mosquitoes is to avoid being bitten all together. Here are some tips on how to avoid mosquitoes.

* Stay in places with AC or places that have window/door screens to keep mosquitoes out
* Remove sources of standing water, which can become a breeding ground for mosquitoes.
* Remember: Mosquitoes that spread the Zika Virus are more likely to bite during the daytime hours.
* Apply insect repellent and re-apply as directed. Check with your doctor about what kinds of mosquito repellents are safe to use during pregnancy.
* Wear long-sleeved shirts and pants and tuck your pants into your socks when outdoors
* Wear light-colored clothing, since mosquitoes are thought to be more attracted to dark colors.
* Avoid the use of scented skin care products
* When sleeping outdoors, sleep under a mosquito net.

Understanding prevention is key to avoid becoming a victim. Please take the necessary precautions.

**Pool Safety:**

* Never leave children alone in or near the pool or spa, even for a moment; close supervision by a responsible adult is the best way to prevent drowning in children. “Touch Supervision."
* Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
* Make sure pool gates open out from the pool, and self-close and self-latch at a height children cannot reach. Consider alarms on the gate to alert you when someone opens the gate. Consider surface wave or underwater alarms as an added layer of protection.
* The safest fence is one that surrounds all four sides of the pool and completely separates the pool from the house and yard. If the house serves as the fourth side of the fence, install an alarm on the exit door to the yard and the pool. Pet doors have also been used to gain access to pools.

**Boating Safety:**

* Children should wear life jackets at all times when on boats, docks or near bodies of water.
* Make sure the life jacket is the right size for your child. The jacket should not be loose and should always be worn as instructed with all straps belted.
* Adolescents and adults should be warned of the dangers of boating even as a passenger when under the influence of alcohol, drugs, and even some prescription medications.

**Open Water Swimming Safety:**

* Never swim alone. Even good swimmers need buddies!
* A lifeguard or another adult who knows about water rescue needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water
* Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
* Never let your child swim in canals or any fast moving water. Ocean swimming should only be allowed when a lifeguard is on duty.
* Teach children about rip currents. If you are caught in a rip current, swim parallel to shore until you escape the current, and then swim back to shore.

***Stay Safe and Enjoy the Summer***

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