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**FOR IMMEDIATE RELEASE:**

June 20, 2016

**GARY HEALTH DEPARTMENT REMINDS CITIZENS OF  
PRECAUTIONS AGAINST MOSQUITO VIRUSES**

***Zika National Week of Action, June 20-26***

**Gary, Indiana**-As the official beginning of summer has arrived, The Gary Health Department joins the Zika National Week of Action, June 20-26, 2016 and reminds citizens of simple steps to take to protect themselves from mosquito born viruses.

Gary Health Commissioner Roland Commissioner says, "Currently, most citizens are concerned about the risk of Zika virus and West Nile virus. We want citizens to be aware of the following illness-prevention five (5) precautions. What Can Citizens Do?"

Dr. Walker offered these precautions:

1. Use insect repellent containing: Deet, Picaridin, Oil of Lemon Eucalyptus, Para-Menthane-Diol or IR3535
2. Wear long-sleeved shirts and pants
3. Cover cribs, strollers, and baby carriers with mosquito netting
4. Use screens on windows and doors
5. Check for and empty all standing water once a week: tires, buckets, toys, pools, pool covers, flower pots, trash containers, failing septic systems, etc.

Zika and West Nile viruses both spread to people primarily through the bite of an infected mosquito. Most people infected will not have symptoms, but for those who do, the illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon. However, Zika infection during pregnancy is linked to a serious birth defect of the brain called microcephaly as well as other problems in fetuses.

Citizens may contact the Gary Health Department for more information at 219 882-5565. Citizens may also check the Center for Disease Control (CDC) website for daily updates regarding the Zika virus at [www.cdc.gov/zika](http://www.cdc.gov/zika).

**-30-**