

Zika virus

<http://www.drperlmutter.com/zika-virus-revelations-harvard-researcher/>

more updated info at www.zikafoundation.org run by Dr Callahan, a world authority on dengue and Zika.

Some highlight

- carried by *Aedes* mosquito. *Aedes* is a weak flyer only 200-300 feet, daytime mostly, bites below the knees and behind the head.
- only 25% of infected people even know they have been infected.
- vaccine may be more dangerous than the natural infection.
- ZIKA can survive in semen and, in northern areas, it is mostly transmitted sexually. Carriers should use mosquito repellent and use condoms for at least 6 months to protect their partner.

Protection

- control breeding sites by getting rid of standing water.
- Rhyme to remember what mosquito to look for and how to protect oneself
- Avoid perfume or floral clothing which attract mosquitoes. Female feeds of nectar but changes her food habits to blood after she mates.
- Don't use mosquito repellent with sunscreen because they interfere with each other.

Mosquito repellent:

- **Picaridine** is one of the most effective; at the forefront of the US army disease protection around the world. Works for most mosquito sp and also tick. Other repellents are also discussed on the site.
- widespread spraying does not work
- get rid of standing water around houses and other common sense mosquito control helpful.
- Biological controls important and should be supported. Dragonflies and hover flies account for up to 20% of predation of *Aedes* mosquito in several parts of the world, therefore spraying makes things worse by killing predators.
- the release of sterile GMO male mosquitoes seem to have been effective in reducing the *Aedes* biting female population by 80-90 % after 3 weeks. If it truly works it would be the best because it would not interfere with natural mosquito control.