



# KEEP CALM AND WEAR INSECT REPELLENT

Protect yourself from mosquito bites that spread West Nile and chikungunya.

**For more information:**  
[www.cdc.gov/westnile/](http://www.cdc.gov/westnile/)  
[www.cdc.gov/chikungunya/](http://www.cdc.gov/chikungunya/)



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