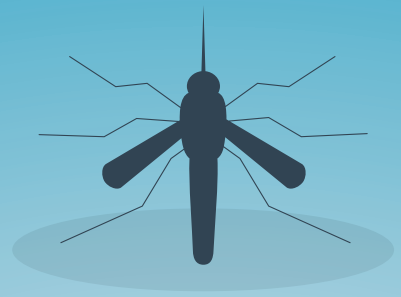

PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread chikungunya, dengue, and Zika viruses.

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters.

Use insect repellent.

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.

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

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika

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