# Pregnant?

**Warning:** Zika might be linked to birth defects

**There is no vaccine to prevent Zika virus infection**

# Protect yourself from mosquito bites

### Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.

### Use insect repellent

**It works!**

Look for the following active ingredients:

• DEET • PICARIDIN • IR3535

### Wear protective clothes

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

### Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.

**For more information:**

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

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

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