PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses.

Daytime is the most dangerous

Mosquitoes that spread 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
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

Wear protective clothes

Wear long-sleeved shirts and long pants or 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.

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

For more information: www.cdc.gov/zika

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