Pregnant?

Warning: Zika can cause microcephaly and other severe brain 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
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

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 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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