PROTECT YOURSELF from ZIKA
and other mosquito-borne illnesses

Night or day, be prepared
Mosquitoes that spread different diseases bite at different times of day. They are active day and night, dawn and dusk.

Use insect repellent
It works! Look for these active ingredients:
- DEET
- PICARIDIN
- IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

A few brand examples:
- OFF!
- Cutter
- Repel
- Sawyer
- Skin So Soft Bug Guard Plus
- Skin Smart

Wear protective clothes
Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin. Use insect repellent on exposed skin, but not under clothes.

Mosquito-proof your home
Use screens on windows and doors. Use air conditioning when available. Rid your yard and home of standing water where mosquitoes breed. Empty and turn over containers that hold water, such as cans, bottles and flower pots, and clean out clogged gutters.

Use condoms to avoid spreading Zika
Individuals who have visited an area with active Zika transmission should use condoms or abstain from sex during the entire time they could spread the virus to their partners. If their sex partner is pregnant, they should use condoms or abstain throughout the pregnancy.

For more information: www.cdc.gov/zika

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Healthy People. Healthy Communities.