

PROTECT YOURSELF FROM MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



Night or day, be prepared

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night. Other mosquitoes are active at 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.