

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.