

# GOING TO THE AMERICAN TROPICS?

**MOSQUITOES** spread **DENGUE, CHIKUNGUNYA, ZIKA,**  
and other diseases



Mosquitoes bite day and night.  
Prevent mosquito bites:

- Use insect repellent
- Use air conditioning or window/door screens
- Wear long-sleeved shirts and long pants



## DON'T LET MOSQUITOES RUIN YOUR TRIP

For more information, visit [www.cdc.gov/travel](http://www.cdc.gov/travel)



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