



MOSQUITO BITES CAN MAKE YOU SICK

Mosquitoes spread germs



Mosquitoes bite day and night.

Mosquitoes that spread viruses bite during the day and night and live indoors and outdoors.



Use insect repellent. It works!

Look for the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.



Wear long-sleeved shirts and long pants.

For extra protection, treat clothing with permethrin.



Mosquito-proof your home.

Use screens on windows and doors. Use air conditioning if available. Keep mosquitoes from laying eggs in or near standing water.



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

For more information: www.cdc.gov/zika