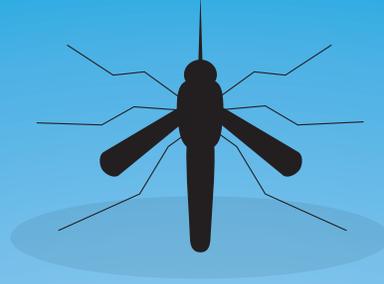


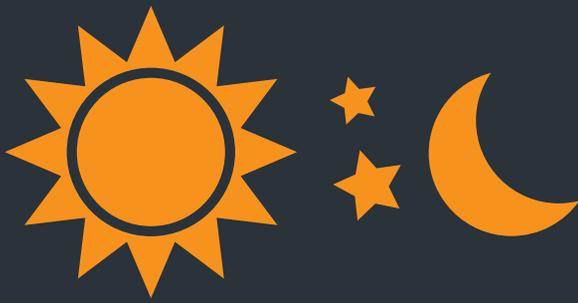
This document is no longer maintained on this site. For the most recent information, please visit:

https://www.cdc.gov/zika/pdfs/Zika_protect_yourself_from_mosquito_bites.pdf



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread chikungunya, dengue, and Zika viruses.



Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent.

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



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

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika