PROTECT YOURSELF from MOSQUITO BITES
Mosquitoes spread chikungunya, dengue, and Zika viruses

Daytime is the most dangerous
Mosquitoes that spread chikungunya, dengue, and Zika viruses are aggressive daytime biters. They can also bite at night.

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

Mosquito-proof your home
Use screens on windows and doors. Use air conditioning when available. Once a week, empty and scrub, turn over, or cover items outside your home that hold water.


Questions about West Nile virus? Visit: [www.westnile.ca.gov](http://www.westnile.ca.gov)