



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses



Daytime is the most dangerous

Mosquitoes that spread Zika 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



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, cover, or throw out items that hold water outside your home.



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

Distributed by:



For more information: www.cdc.gov/zika
www.cdph.ca.gov/zika