



Pregnant?

Warning: Zika might be linked to birth defects
There is no vaccine to prevent Zika virus infection



Protect yourself from mosquito bites



Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and 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 and use insect repellent. For extra protection, treat clothing with permethrin.

For more information:

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



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