



PROTECT YOURSELF FROM MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



DAYTIME IS THE 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



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. Keep mosquitoes from laying eggs in and near standing water.

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



PROTÉJASE DE LAS PICADURAS DE MOSQUITOS

Los mosquitos propagan los virus del chikunguña, el dengue y el Zika.



DURANTE EL DÍA ES MÁS PELIGROSO

Los mosquitos que propagan el chikunguña, el dengue y el zica pican agresivamente durante el día y también pueden picar por la noche.



USE REPELENTE DE INSECTOS - ¡FUNCIONA!

Busque los siguientes ingredientes activos:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS



UTILICE ROPA QUE LA PROTEJA

Póngase camisas de manga larga y pantalones largos o use repelente contra insectos. Para protección adicional, trate la ropa con permetrina.



MANTENGA SU HOGAR LIBRE DE MOSQUITOS

Use una malla o tela metálica en las puertas y ventanas. Use el aire acondicionado si está disponible. Elimine el agua acumulada para que los mosquitos no pongan huevos en ella.

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