



# 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.



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



For more information: [www.cdc.gov/zika](http://www.cdc.gov/zika)  
[www.cdph.ca.gov/zika](http://www.cdph.ca.gov/zika)

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