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.

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