



Pregnant?

Warning: Zika can cause microcephaly and other severe brain 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



Wear protective clothes
Wear long-sleeved shirts and long pants and 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.

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