

## **PROTECT YOURSELF from MOSQUITO BITES**

Mosquitoes spread chikungunya, dengue, and Zika viruses.



Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



## Use insect repellent.

Look for the following active ingredients:

- DEET PICARIDIN IR3535
- OIL of LEMON EUCALYPTUS
  - PARA-MENTHANE-DIOL



Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



For more information: