

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 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



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.

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

¿Embarazada?

Advertencia: El virus del Zika puede estar asociado a defectos congénitos

No existe una vacuna para prevenir la infección por el virus del Zika



¡PROTÉJASE DE LAS PICADURAS DE MOSQUITOS!



DURANTE EL DÍA ES MÁS PELIGROSO

Los mosquitos que propagan el chikunguña, el dengue y el zika 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



UTILICE ROPA QUE LA PROTEJA

Póngase camisas de manga larga y pantalones largos y use repelente de 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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