



## Pregnant?

**Warning:** Zika might be linked to birth 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](http://www.cdc.gov/chikungunya) • [www.cdc.gov/dengue](http://www.cdc.gov/dengue) • [www.cdc.gov/zika](http://www.cdc.gov/zika)



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