

# PROTECT YOURSELF FROM MOSQUITO BITES

Local mosquito-borne Zika virus transmission has been reported in the U.S.

Mosquitoes bite day and night.



Wear long-sleeved shirts and long pants. Use repellent cream on exposed skin. Treat clothing with permethrin spray.



Use EPA-registered insect repellent with one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD), or 2-undecanone.



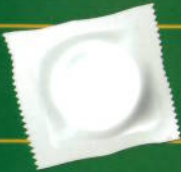
Keep mosquitoes outside. Use screens on windows and doors. Use air conditioning.



Keep mosquitoes from laying eggs in standing water. Tip and toss containers that hold water.



Cover cribs, strollers and carriers with mosquito netting. Do not use repellent on babies under two months. Do not use OLE or PMD on kids under three years.



Zika can be passed through sex with an infected person. Condoms can reduce the chance of getting Zika from sex.

For more information, visit: [www.cdc.gov/zika](http://www.cdc.gov/zika) | [www.texaszika.org](http://www.texaszika.org)