



#FIGHTTHEBITE

DRESS AND DEFEND

To protect yourself against mosquito bites that can cause diseases like Zika, West Nile, and Dengue follow these tips:



Use Insect Repellent

Apply before going outside

Reapply every few hours

Brands to look for: Off!, Cutter, Sawyer, Ultrathon

Ingredients: Deet, Picaridin, IR3535



Cover Up

Wear light colors

Wear long sleeves and pants if possible

Buy permethrin-treated clothing or use a permethrin-based product to treat your own (Read and follow all label instructions)