

Fight the Bite!



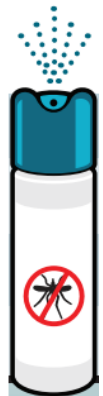
You can protect yourself, your family, and your community from mosquitoes and the diseases they carry, like Zika and West Nile:

Prevent mosquitoes from breeding:

- Twice a week, empty any items that can hold water, such as flower pots, pet dishes, trash cans and lids, bird baths, and wading pools.
- Clean your yard of small items that could collect water, like toys, bottle caps, and plastic bags. Mosquitos can lay eggs in tiny amounts of water!
- Look for and remove any water puddles or pooling.
- If you have a septic tank, repair cracks or gaps. Cleanout pipes must be capped.
- Clean gutters so water can drain.
- Cover water storage containers, like rain barrels or cisterns, and repair cracks.
- Drain boats twice a week; store small boats upside down.

Prevent mosquito bites:

- Use screens on doors and windows. Repair holes in screens.
- Use air conditioning when available.
- Use an EPA-registered insect repellent with approved active ingredients:
 - DEET
 - Picaridin, also known as KBR 3023, Bayrepel, and icaridin
 - IR3535
 - Oil of Lemon Eucalyptus (OLE) or para-menthane-diol (PMD)



When used as directed, these repellents are safe for pregnant and breast-feeding women and children. Do not use repellent on babies younger than 2 months old.

- If using sunscreen, put on sunscreen first, then repellent.
- Wear long-sleeved shirts and pants. Light colors are best.
- If you spend a lot of time outside, consider treating clothes and gear with permethrin or buying treated gear.

Zika is a virus spread by mosquitoes. Most people who get Zika will have no symptoms, but Zika has been linked to birth defects, so pregnant women and their partners should avoid areas where Zika is spreading. See <http://www.cdc.gov/zika/geo/> for areas with Zika. As of April, 2016, there were no cases of Zika transmitted by mosquitoes in the United States. The best way to avoid Zika and other diseases spread by mosquitoes is to avoid mosquito bites.