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
- OIL of LEMON EUCALYPTUS (Para-menthane-diol)

**Wear protective clothes**
Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.

For more information: