How to avoid mosquitoes that can spread the Zika virus

WHAT IS THE ZIKA VIRUS

- The Zika virus is an illness that is transmitted by mosquitoes. It can cause fever, joint pain, and headaches.
- In rare instances it can cause birth defects, if the infected person is pregnant.
- The Aedes mosquito that transmits the virus is always active.

COVER YOUR SKIN

- Wear clothing that covers as much of your skin as possible, such as:
  - Long sleeved shirts
  - Pants
  - Closed toed shoes
  - Hats

PROTECT YOUR HOME

- To avoid letting mosquitoes in your house, keep doors and windows shut.
- If you have an object that collects water, such as a flowerpot, dry it regularly or store it in an area that is not exposed to water.

USE MOSQUITO REPELLENT

- The most effective bug sprays have one of the following ingredients:
  - DEET
  - Icaridin (which also goes by the name picaridin)
  - Oil of lemon eucalyptus (Plant based)

For more information visit the CDC website - http://www.cdc.gov/zika/index.html

This flier was developed by Occidental College’s public health interns at the MEND Clinic using information from the Centers for Disease Control and Prevention and the Mayo Clinic. It can be downloaded at http://www.oxy.edu/urban-environmental-policy-institute