

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 mosquitos. 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 mosquitos 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>