Pregnant?

**Warning:** Zika can cause microcephaly and other severe brain defects

There is no vaccine to prevent Zika virus infection

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**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.

**Mosquito-proof your home**
Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.

For more information: