Prevent the Bite Day & Night

Protect yourself from Zika, Dengue, Chikungunya and West Nile virus.

**COVER**
Wear long sleeves, pants, and socks. Place mosquito netting over infant carriers, cribs, and strollers.

**DRAIN**
Empty containers that can hold water such as buckets, birdbaths, flower pots and toys.

**PROTECT**
When outdoors, wear an EPA-registered insect repellent and use according to label.

**CLEAN UP**
Don’t feed the storm drains! Sweep up lawn clippings and leaves.

**MAINTAIN**
Install or repair screens on windows and doors. Use air conditioning, if possible.

More information at: [www.hcphtx.org/Zika](http://www.hcphtx.org/Zika)