#FIGHTTHEBITE

DRESS AND DEFEND

To protect yourself against mosquito bites that can cause diseases like Zika, West Nile, and Dengue follow these tips:

**Use Insect Repellent**
- Apply before going outside
- Reapply every few hours
- Brands to look for: Off!, Cutter, Sawyer, Ultrathon
- Ingredients: Deet, Picaridin, IR3535

**Cover Up**
- Wear light colors
- Wear long sleeves and pants if possible
- Buy permethrin-treated clothing or use a permethrin-based product to treat your own (Read and follow all label instructions)