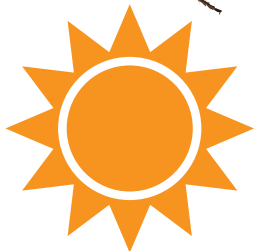


The Tennessee Department of Health Encourages You to Fight the Bite!

Mosquitoes spread Zika & other viruses.



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



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 in and near standing water.

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue
www.cdc.gov/zika • <http://tn.gov/health/topic/zika-virus>



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