



# Pregnant?

**Warning:** Zika might be linked to birth defects  
**There is no vaccine to prevent Zika virus infection**



## 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.

For more information:

[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya) • [www.cdc.gov/dengue](http://www.cdc.gov/dengue) • [www.cdc.gov/zika](http://www.cdc.gov/zika)

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