# **Help Control Mosquitoes that Spread** Dengue, Chikungunya, and Zika Viruses

BZZZZ.



Aside from being itchy and annoying, the bite of an infected female mosquito (Aedes aegypti or Aedes albopictus) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of waterfilled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

## **Protect Yourself, Your Family, and Community** from Mosquitoes



#### Eliminate standing water in and around your home:

- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- If you have a septic tank, follow these steps: Repair cracks or gaps.
  - Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.



### Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.









Drain & dump any standing water



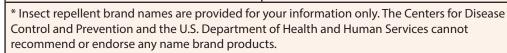




#### **Prevent mosquito bites:**

• Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

Active ingredient Higher percentages of active ingredient provide longer protection	Some brand name examples*
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel



- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
  - Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do **not** use permethrin products, intended to treat clothing, directly on skin.
- · Wear long-sleeved shirts and long pants.









For more information, visit:

www.cdc.gov/dengue, www.cdc.gov/chikungunya, www.cdc.gov/zika

National Center for Emerging and Zoonotic Infectious Diseases

Division of Vector-Borne Diseases