



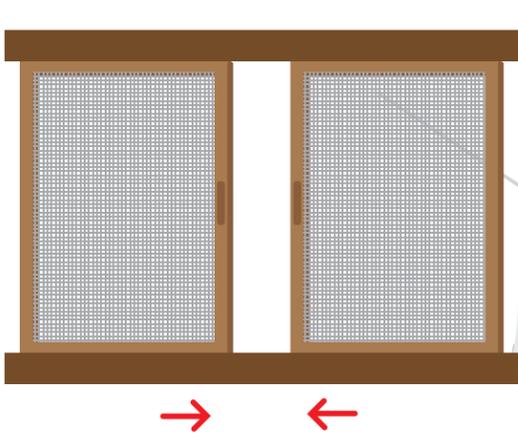
Are you **TRAVELING** to areas where  
**ZIKA, CHIKUNGUNYA and DENGUE**  
viruses are found?

People become infected with these viruses after being bitten by an infected mosquito.

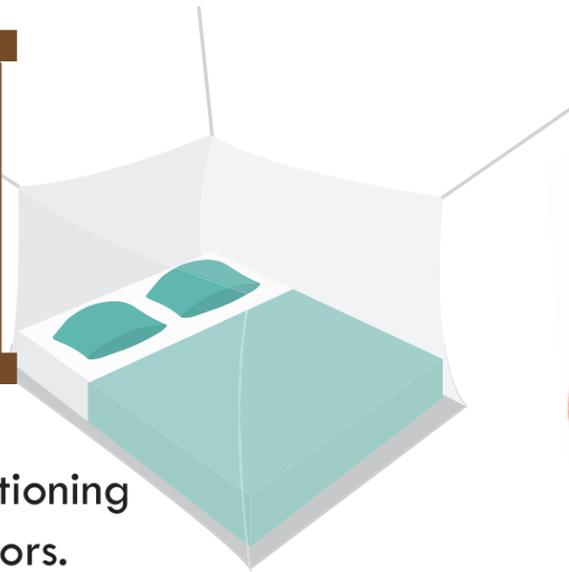
Protect yourself and your family from mosquito bites at all times, **day or night.**



- When outdoors, prevent mosquito bites by using an EPA-registered insect repellent that contains one of the following: DEET, picaridin, IR3535, or oil of lemon eucalyptus. Follow product instructions.



- Choose lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened.



- Cover Up. Wear long-sleeved shirts, long pants, and socks. For infants, place mosquito netting over infant carriers, cribs, and strollers.

**CONTACT YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOU DEVELOP SYMPTOMS OF ZIKA VIRUS: RASH, FEVER, JOINT PAIN, RED EYES.**

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