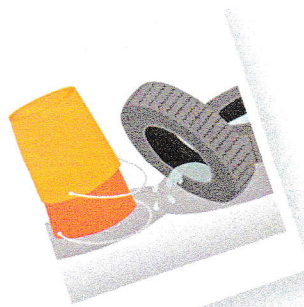


MOSQUITO PREVENTION TIPS



Eliminate Standing Water

Eliminating standing water is the best way to prevent mosquitoes from breeding. The earlier you eliminate standing water, the better off your home and neighborhood will be.

- > Birdbaths
- > Clean gutters
- > Compost should be turned over frequently
- > Pool covers
- > Toys and Kiddie pools
- > Wheelbarrows
- > Tires
- > Flower pots
- > Regular yard mowing



Use Repellents

When used as directed, insect repellent is the BEST way to protect yourself from mosquito bites—even children and pregnant women should protect themselves. Higher percentages of active ingredients provide longer lasting protection; look for these ingredients:

- > DEET
- > Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- > Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
- > IR3535

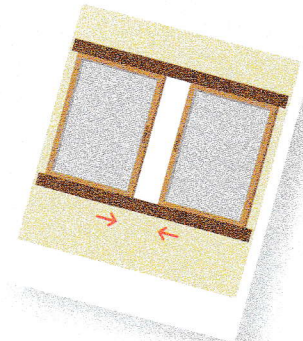


Keep Mosquitoes Outside

Use air conditioning or make sure that you repair and use window/door screens.

Cover Up

Wear long-sleeved shirts and pants. Light-colored clothing is best.



SYMPTOMS

- > Fever, rash, joint pain, headache, and conjunctivitis (red eyes).

AFFECTED AREAS

- > Cases have been reported in individuals who have recently traveled to South or Central America.
- > Outbreaks are occurring in many countries throughout Central and South America; the CDC publishes up-to-date travel alerts on their website.
- > Zika virus continues to spread, and mosquitoes have the potential to spread the virus locally.
- > As of February 3, 2016, the only locally transmitted case of Zika in the United States was likely sexually transmitted.

DIAGNOSIS

Your physician may request a laboratory test through the City of Houston public health laboratory; there are no rapid tests for the virus available.

TREATMENT

- > Zika virus disease is usually mild.
- > There is no specific treatment for Zika.
- > Persons who believe they are ill with Zika should seek medical attention.
- > People sick with Zika virus should get plenty of rest and drink enough fluids.
- > Prevent mosquito bites for 3 weeks to prevent spreading the virus.

Presented by
City of Houston

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