

FIGHT THE BITH

Take aim to prevent bites and end the spread of mosquitoborne viruses such as Zika, Dengue, Chikungunya, and West Nile.



PROTECT YOURSELF

Use an EPA-registered insect repellent with these active ingredients:

- DEET
- Picardin
- IR3535

Wear long-sleeved shirts and pants. Treat clothing with permethrin for extra protection. Uniform may be factory-treated with permethrin; check for label.

PROTECT YOUR Partner

Zika virus can be spread by a man to his sexual partners; properly use a condom during sexual activities or abstain to prevent transmission, especially if your partner is pregnant or trying to become pregnant as Zika can cause certain birth defects.

DENY ACCES

Use screens on windows and doors.

Eliminate standing water that may collect in pools, buckets, old tires, etc. to prevent mosquitos from laying eggs.



KNOW THE ENEMY

Mosquitoes that carry Zika, Dengue, and Chickungunya are aggressive daytime biters, but will also bite at night.

This type of mosquito will live, breed, and bite indoors as well as outdoors.

LEARN MORE AT READY.MARINES.MIL