Mosquitoes spread many diseases like Zika, dengue, and chikungunya. Fight the bite!

**WEAR PROTECTIVE CLOTHING**
- Wear light-colored long pants and sleeves, shoes and socks
- Wear a mosquito head net while gardening

**AVOID MOSQUITO BITES**
- Use repellents that have DEET, picaridin, oil of lemon eucalyptus, IR3535, or para-menthane-diol, and use repellent coils outside of home
- Repair all window and door screens

**GET RID OF BREEDING SITES**
- Dump out standing water from yard buckets, flowerpots, birdbaths, and tires
- Remove debris and trash around property
- Clean out gutters so water runs freely

Stay away from areas with high mosquito activity. If you are sick with a fever, contact your doctor.

More info at FightTheBiteHawaii.com

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Mosquitoes spread many diseases like Zika, dengue, and chikungunya. Fight the bite!

WEAR PROTECTIVE CLOTHING
- Wear light-colored long pants and sleeves, shoes and socks
- Use long-sleeved rash guards or wetsuits at the beach
- Treat clothes with Permethrin repellent 24-48 hours before use

PROTECT YOUR SKIN
- Don’t use products that contain both sunscreen and repellent together
- Use repellents that have DEET, picaridin, oil of lemon eucalyptus, IR3535, or para-menthane-diol that are water-resistant and sweat proof
- Apply sunscreen before repellent & reapply after water activities

Stay away from areas with high mosquito activity.
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