



# HOME AND YARD

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](http://FightTheBiteHawaii.com)

@FightTheBiteHI



# AWAY FROM HOME



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.  
More info at [FightTheBiteHawaii.com](http://FightTheBiteHawaii.com)



**Fight the Bite**

Prevent • Prepare • Protect



HAWAII STATE  
DEPARTMENT  
OF HEALTH