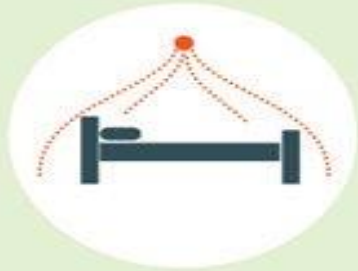


PREVENTION



Use mosquito nets



Cover skin with long-sleeved clothing



Use screens or mosquito nets on windows and doors



Use insect repellent



Prevent mosquito breeding sites. Empty, clean, or dispose of containers that can hold water

DENGUE FEVER

SIGNS, SYMPTOMS

HIGH FEVER

SWOLLEN LYMPH GLANDS

MUSCLE AND JOINT PAIN

NOSE BLEEDING

ABDOMINAL PAIN

EXCESSIVE VOMITING



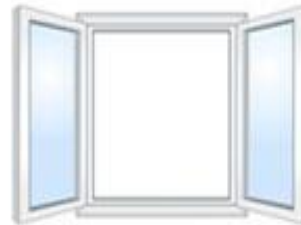
Top 10



2 USE GOOD MOSQUITO REPELLENTS

To get rid of mosquitoes around your house and keep them away from you, use mosquito repellents.

3 STAY IN AIR-CONDITIONED OR WELL-SCREENED HOUSING



4 WEAR PROTECTIVE CLOTHING



5 USE GUPPY FISH IN SWIMMING POOLS



Top 10

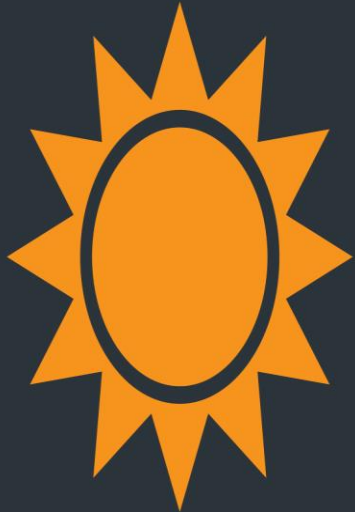


Don'ts

- **Don't scratch the eruptions** as it leads to spread of infection to other parts of the body.
- **Don't share your personal items** like soaps, towels, clothes, etc. with other people.
- **Don't shave** or perform any kind of medical/surgical procedures by **yourself** on the affected skin.
- **Don't stop treatment** until instructed to do so even if symptoms disappear sooner.



Protect yourself from mosquito bites



Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent

It works!

Look for the following active ingredients:

• DEET • PICARIDIN • IR3535



Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention