

# Protect yourself from mosquito bites



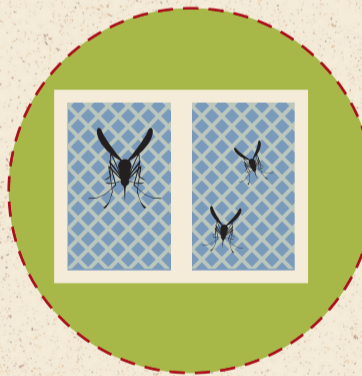
**Cover up** with loose, long-sleeved clothing.



**Clean up** around your home. Regularly empty items that hold water.



**Apply** insect repellent containing DEET, Picaridin or Oil of Lemon Eucalyptus.



**Stop** mosquitoes from getting inside with insect screens.



**Limit outdoor activities** when mosquitoes are active.