



It's that time of year.

# **FIGHT THE BITE**

**Protect you and  
your family against**

# **ZIKA**

## **Your Best Defense is Preventing Mosquito Bites**

Mosquitoes have gone from being  
just a nuisance to being a larger  
public health concern  
in Montgomery County.

Take steps to prevent mosquito bites  
and to get rid of places around  
your home and business where  
mosquitoes might breed.

See additional information on protecting yourself  
from Zika on the back of this card.



[www.montgomerycountymd.gov/mosquito](http://www.montgomerycountymd.gov/mosquito)  
or call 311

## What We Know:

- Zika is primarily spread through the bite of an infected mosquito.
- No vaccine is available to prevent Zika virus disease.
- Infection with Zika virus during pregnancy is linked to birth defects in babies. Pregnant women should delay travel to areas where Zika virus is spreading.

## Protect you and your family against Zika:

- Drain and scrub outside containers—Once a week, empty and scrub, turn over, cover or throw out items that hold standing water such as buckets, planters, toys, tires or trash containers.
- Dress to prevent mosquito bites—Wear long-sleeved shirts and long pants or repellent-treated clothing.
- Use insect repellents—Repellents containing DEET, picaridin, IR3535 and some oil of lemon eucalyptus and para-methane-diol products provide long-lasting protection.

Find out more information about mosquitoes and Zika at [www.montgomerycountymd.gov/mosquito](http://www.montgomerycountymd.gov/mosquito) or call 311.



Sign up for health alerts at our web site [www.montgomerycountymd.gov/mosquito](http://www.montgomerycountymd.gov/mosquito) or call 311