The Tennessee Department of Health
Encourages You to Fight the Bite!
Mosquitoes spread Zika & other viruses.

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

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