

# MOSQUITO BITES

CAN LEAD TO DISEASE



## USE THE 4 Ds OF DEFENSE

### DRAIN:

Drain those items that collect standing water around your home, yard, or business. Scrub and refill pet water dishes and bird baths regularly.

### DEFEND:

Use an insect repellent containing DEET when outdoors, and reapply according to directions.

### DAWN to DUSK:

Wear repellent if outdoors during these prime times for mosquito activity.

### DRESS:

Wear long pants, long sleeves, and closed-toe shoes when outside to cover the skin.

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## WHAT YOU NEED TO KNOW

### West Nile virus (WNV)

- Is in the United States.
- Onset of symptoms can occur within 3 to 14 days after exposure. Symptoms include a fever, headache, body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands. Persons over 50 years old or with pre-existing health conditions are more likely to develop severe illness.
- WNV is NOT transmitted from person-to-person.
- There is no vaccine for preventing WNV.

### Zika

- If you are pregnant, do not travel to areas with risk of Zika. If you must travel, talk to your doctor or other healthcare provider before your trip. If you are trying to get pregnant, talk to your doctor or other healthcare provider before you travel. If you must travel, strictly follow steps to prevent mosquito bites and practice safe sex.
- Symptoms include fever, rash, joint pain, and conjunctivitis (red eyes), usually lasting from several days to a week.
- Infection during pregnancy can cause serious birth defects, including microcephaly.
- Zika can be transmitted through mosquito bites, from a pregnant woman to her baby, sexual contact, and blood transfusion.
- It is important for people to avoid mosquito bites during the first week of illness to help prevent others from getting sick.
- There is no vaccine for preventing Zika.

### Chikungunya:

- Most common symptoms are fever and joint pain, and may include headache, muscle pain, joint swelling or rash.
- It is important for people to avoid mosquito bites during the first week of illness to help prevent others from getting sick.
- There is no vaccine for preventing chikungunya.

**Protect yourself. Protect your family.  
Use the 4 Ds of Defense.**



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### **Dengue:**

- Symptoms can include severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, and mild bleeding (e.g., nose or gums bleed, easy bruising).
- Younger children and those with their first dengue infection have a milder illness than older children and adults.
- There is no specific medication for treatment of a dengue infection.
- Rest, drink plenty of fluids, and consult a physician.
- There is no vaccine for preventing dengue.

## SICK?

See your doctor or other healthcare provider, who may order tests to look for West Nile virus, Zika, dengue, or chikungunya.

There is currently no vaccine to prevent these infections.

If a mosquito bites you, it can become infected and spread Zika, dengue, or chikungunya viruses to other people through bites. To help prevent others from getting sick, protect yourself from mosquito bites during the first week of illness.

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