



Sick with chikungunya, dengue, or Zika?

Protect yourself and others from mosquito bites the first week you are sick. If a mosquito bites you, it can get infected, bite other people, and make them sick.



Protect yourself from mosquito bites



- Wear long-sleeved shirts and long pants.



- Use door and window screens to keep mosquitoes outside.



- Use insect repellent.



For more information:
www.cdc.gov/chikungunya
www.cdc.gov/dengue
www.cdc.gov/zika

See your doctor if you develop a fever with:

- Muscle or joint pain
- Headache or pain behind eyes
- Rash
- Red eyes



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