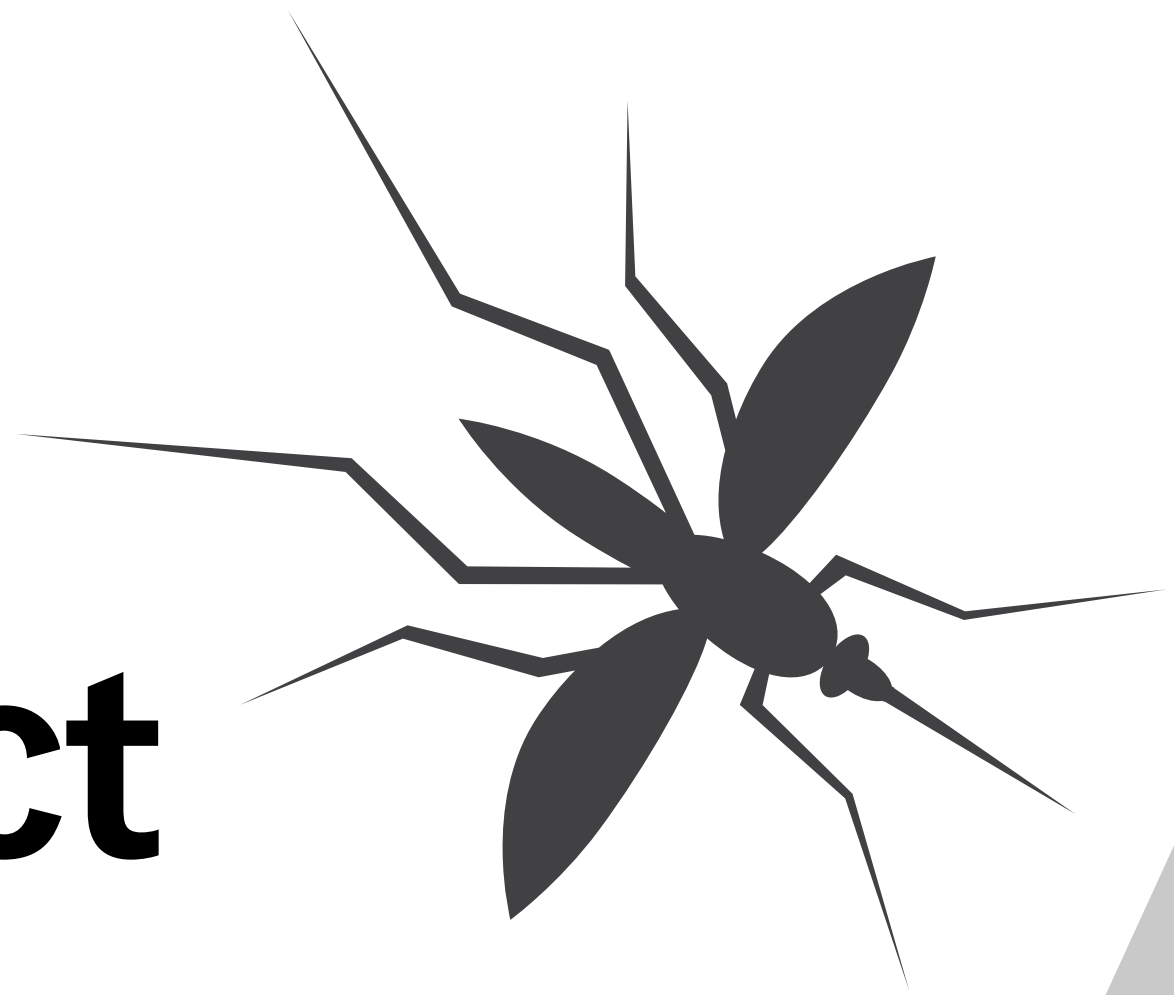


PROTECT YOURSELF AND YOUR FAMILY AFTER HURRICANES

Protect yourself from mosquitoes.



- Use EPA-approved repellent that contains oil of lemon eucalyptus, Picaridin, IR3535, or DEET.
- Cover or dump out standing water where mosquitoes could lay eggs.
- Keep doors closed and repair window screens.



- If you could be exposed to mosquitoes while sleeping, wear repellent and/or use a mosquito net.
- Wear long-sleeved shirts and long pants.

If you feel anxiety or stress, call SAMHSA's Disaster Counseling Helpline at 1-800-985-5990 (press "2" for Spanish) or text "TalkWithUs" for English or "Háblanos" for Spanish to 66746.

More information: www.cdc.gov/disasters/hurricanes



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