



Zika virus

we can prevent it

Messages for the general public

Water containers that can hold even small amounts of water are potential breeding sites in which mosquitoes can lay their eggs.

Protect your family from Zika, dengue and other diseases by identifying and eliminating potential mosquito breeding sites.



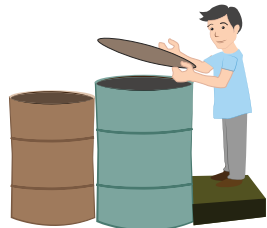
Clean or remove water from containers



Change water once a week



Turn containers upside down



Cover and seal water storage containers



Eliminate all potential breeding sites

Several diseases

one approach

- 1 Mosquitoes that transmit Zika virus disease, dengue fever, chikungunya and yellow fever bite during the day and often breed in small- and medium-sized containers.
- 2 Removal and modification of breeding sites are part of routine mosquito control.
- 3 Fogging insecticides should only be used during outbreaks.
- 4 Public and private sectors, nongovernmental organizations, families and individuals must all share responsibility in eliminating mosquito breeding sites to reduce contact between mosquitoes and people.

Protect yourself

Follow simple measures to protect yourself against mosquito bites and seek medical care and advice if you develop skin rash, mild fever, conjunctivitis, joint pain and swelling or muscle pain.

Pregnant women should take additional precautions, such as postponing travel to areas with ongoing Zika virus transmission.



Wear long and light-coloured clothes



Use insect repellent



Seek medical advice early if you develop skin rash and/or fever