



AVOID BITES FROM THE MOSQUITO THAT TRANSMITS DENGUE, CHIKUNGUNYA AND ZIKA



To protect yourself from mosquito bites wear long-sleeved clothing, pants, or clothing that covers your skin and closed-toed shoes.



Help to eliminate mosquito breeding sites in your school, home and the surrounding areas by removing used tires, bottles and other containers that can fill up with rainwater.



Mobilize your community to clean up areas that are abandoned or where waste has collected.



If you have fever, headache, muscle pain, rash, nausea or are vomiting; **DO NOT SELF-MEDICATE** and ask for help to go to the nearest health facility.

SHARE THIS INFORMATION WITH YOUR FRIENDS 👍🙄



PAHO

