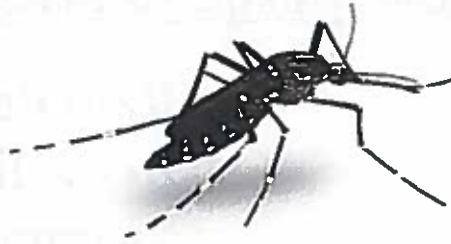


PICK-A-DAY to FIGHT-THE-BITE



*Facts about the Asian tiger mosquito that can transmit the **ZIKA VIRUS**:*

- They breed in standing water that has collected in containers and other man-made items
- They don't breed in ponds or puddles of water over soil
- They live throughout Virginia
- They tend to bite during the day rather than at night
- The usual pesticide spraying is not effective against them
- They typically spend their entire lives within a 200-yard area
- They develop into adults in about 10 days

Therefore.....

*From May through October
PICK ONE DAY A WEEK
to check for breeding sites
on your property!*



PICK-A-DAY to FIGHT-THE-BITE

Pick one day per week
to empty or change the water
in these possible Mosquito Breeding Sites:

- Bird Baths
- Boat and Cover
- Buckets
- Drain Pipes
- Artificial Fish Ponds
- Flower Pots/Trays
- Items behind your Shed
- Items under your Deck
- Pet Food/Water Bowls
- Rain Gutters
- Any other man-made items that hold water
- Rain Barrels and Cisterns
- Recycling Bins
- Swimming Pools
- Tarps
- Tires/Tire Swings
- Toys
- Trash Cans
- Watering Cans
- Wheelbarrows
- Utility Carts

Protect yourself from mosquito bites:

- Use mosquito repellent
 - Carefully follow the directions
 - Approved active ingredients include: DEET, Picaridin, IR3535
- Wear long sleeves, pants, socks and shoes while outside
- Use undamaged screens on windows and doors

For more information, please visit:

www.cdc.gov/zika

www.ZikaVa.org



Three Rivers Health
District