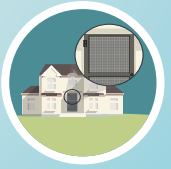
Sick with chikungunya, dengue, or Zika?

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

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