



# FIGHT THE BITE

DAY AND NIGHT



Protect yourself from Zika Virus and other vector-borne diseases by following the

## 3 D's: Dress, Drain, Defend!

**Dress:** Wear long sleeve shirts and long pants. Tuck pants into boots.

**Drain:** The best way to control mosquito habitat is to eliminate all backyard standing water that the mosquitoes need to breed. Bird baths, rain gutters, and buckets make excellent mosquito breeding habitat.

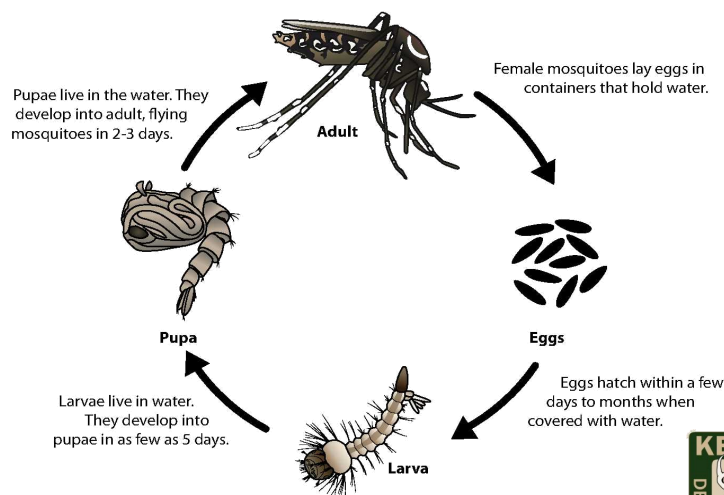
**Defend:** Use an insect repellent at all times when participating in outdoor activities.

### *Aedes aegypti*

What is

## ZIKA VIRUS?

It takes about 7-10 days for an egg to develop into an adult mosquito.



Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. The mosquito species that transmit Zika in Kentucky are exceedingly rare, however, everyone should take precautions to prevent exposure to Zika and other mosquito-borne diseases such as West Nile Virus. Zika is linked to birth defects in pregnant women. There is no vaccine to prevent Zika.



**For more information on Vector-Borne Diseases:**

<http://www.cdc.gov/zika/about/index.html>

<http://pest.ca.uky.edu/EXT/ZIKA/1kyzika.html>

<http://healthalerts.ky.gov>