

Help Control Mosquitoes that Spread Viruses Like

ZIKA, DENGUE, AND CHIKUNGUNYA

Mosquito-borne illnesses are **A MAJOR PUBLIC HEALTH CONCERN**. The bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread viruses like Zika, dengue, chikungunya to humans:



Female mosquitoes lay **hundreds of eggs** on the walls of water-filled containers. Eggs stick to containers and remain attached until they are scrubbed off. **When water covers the eggs, they hatch and become adults in about a week.**



Adult mosquitoes can live **inside** and **outside**.



A few infected mosquitoes can produce large outbreaks in a community and put your family and community at **risk of becoming sick**.

Protect Yourself, Your Family, and Your Community from

MOSQUITOES

Eliminate standing water in and around your home and at work:

Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.

For containers without lids, use wire mesh with holes smaller than an adult mosquito.

If you have a septic tank, follow these steps:

Repair cracks or gaps.

Cover open vent or plumbing pipes.
Use wire mesh with holes smaller than an adult mosquito.

Keep mosquitoes out of your home:

Use screens on windows and doors.

Repair holes in screens.

Use air conditioning when available.

REMEMBER: Always wear bug spray when going outside to protect yourself from being bitten by mosquitos.



To learn more, visit www.health.mil/Bugs

#BugWeek2019



MILITARY HEALTH SYSTEM