



Mosquito-borne Illness Prevention

Prevent Mosquito-borne Diseases

- Dengue, Chikungunya & Zika are transmitted by mosquitoes (*Aedes aegypti* & *Aedes albopictus*).
- People of all ages can be infected with mosquito-borne diseases such as Dengue, Chikungunya & Zika.
- It is everyone's responsibility to take steps to reduce the risk of infection.
- People may start to experience symptoms 4–10 days after the bite from an infected mosquito.
- Symptoms may last 3–7 days.
- Infected humans can transmit the virus that carries dengue, chikungunya or zika to uninfected mosquitoes for 4-5 days (maximum 12) after their first symptoms appear.
- Mosquito-borne diseases cannot be spread directly from person to person.

Most Common Symptoms

Dengue

- Flu-like symptoms
- High Fever
- Severe Headache
- Severe pain behind the eyes
- Muscle, bone and joint pain

Most Common Symptoms

Chikungunya

- High Fever
- Severe joint pain
- Headache
- Muscle pain

Most Common Symptoms

Zika

- High Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

What To Do If You Think You Have Dengue, Chikungunya or Zika

- Consult a medical provider
- Rest and drink plenty of fluids
- Avoid mosquito bites to minimize transmission

How To Prevent The Bite

• PROTECT YOURSELF

- **CLOTHING:** Cover up. Wear shoes, socks, long pants, and long sleeves.
- **REPELLENT:** Apply mosquito repellent to bare skin and clothing. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.
- **COVER DOORS AND WINDOWS WITH SCREENS:** Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.
- **DRAIN STANDING WATER**
- **DRAIN:** Garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- **DISCARD:** Old tires, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- **EMPTY AND CLEAN:** Birdbaths and pets' water bowls at least once or twice a week.
- **PROTECT:** Boats and vehicles from rain with tarps that don't accumulate water.
- **MAINTAIN:** The water balance (pool chemistry) of swimming pools. Empty plastic pools when not in use.

For more information please call :
Calamba Medical Center - Calamba Disease Prevention &
Control (CDCC) at (049) 5456080 loc. 3105
additional resources please visit:
<http://www.cdc.gov/zika/>