



# Protect Yourself, Protect Kentucky

from Zika Virus and other mosquito related diseases

By knowing how to control mosquito breeding areas and how to protect yourself from being bitten, you can join us in preventing Zika Virus and other diseases being spread locally.

## Help Eliminate Mosquitoes

Here are a few ways you can get rid of standing water and reduce the number of mosquitoes around your home or property.



Eliminate standing water in buckets, birdbaths ,toys, puddles, etc.



Dispose of old tires, trash, and building materials.



Fix leaky faucets and outdoor hoses that are dripping water.



Clean your gutters so water runs freely.



Repair screens and windows to keep mosquitoes out.



Treat hedges, shrubs, and tall grass to eliminate resting locations.

## Protect Yourself

Follow these simple steps to protect yourself, family and friends from Zika and other viruses.



Apply insect repellent when you're outdoors. Always follow manufacturer directions for using repellents—especially on pregnant women and small children.



Avoid activities in areas with lots of mosquitoes when going outdoors.



Permethrin treated clothing, such as long pants, long sleeve shirts and socks, can help protect from bites.



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<http://healthalerts.ky.gov>  
 Kentucky Cabinet for Health and Family Services

