

# 3D ZIKA DEFENSE

PROTECT YOURSELF FROM ZIKA WITH THE 3 Ds.



**DRAIN**

- > Once a week, empty items that hold water such as flower pots, toys, trash or old tires.
- > Keep your yard trimmed and tidy.
- > Help your neighbors drain standing water.



**DRESS**

- > As weather permits, dress in long pants and long sleeve shirts.
- > Make sure doors and window screens are in good repair.
- > Use air conditioning when available.



**DEET**

- > Spray insect repellent with DEET on exposed skin.
- > Follow label instructions; reapply as needed.
- > Use a mosquito net to protect babies in a stroller or car seat.



HOUSTON HEALTH  
DEPARTMENT

For more information, visit us at [www.houstonhealth.org](http://www.houstonhealth.org), call 311  
or Harris County Mosquito Control District 713.440.4800.

