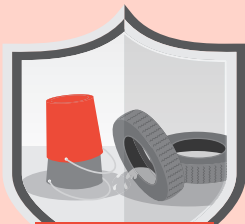


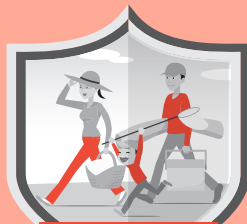
3D ZIKA DEFENSE

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.

For more information, visit us at houstonhealth.org, call 311, Harris County Mosquito Control District 713-440-4800, or Houston Health Department number 832-393-5080.



USING CONDOMS CORRECTLY



- > Use a new condom for every act of vaginal, anal and oral sex throughout the entire sex act (from start to finish). Before any genital contact, put the condom on the tip of the erect penis with the rolled side out.
- > If the condom does not have a reservoir tip, pinch the tip enough to leave a half-inch space for semen to collect. Holding the tip, unroll the condom all the way to the base of the erect penis.
- > After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw. Gently pull the condom off the penis, making sure that semen doesn't spill out.
- > Wrap the condom in a tissue and put it in the trash where others won't handle it.
- > If you feel the condom break at any point during sexual activity, stop immediately, withdraw, remove the broken condom, and put on a new condom.
- > Ensure that adequate lubrication is used during vaginal and anal sex, which might require water-based lubricants. Oil-based lubricants (e.g., petroleum jelly, shortening, mineral oil, massage oils, body lotions, and cooking oil) should not be used because they weaken latex, causing breakage.
- > Condoms used correctly and consistently will greatly reduce the risk of pregnancy and the transmission of mosquito-borne diseases including Zika.



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