

# 3D ZIKA DEFENSE

PROTECT YOURSELF FROM ZIKA WITH THE 3 Ds.



**DRAIN**



**DRESS**



**DEET**



- > 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.



- > 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.



- > 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](http://houstonhealth.org), call 311 or Harris County Mosquito Control District 713.440.4800.

