

This Is How We Stop Zika

Take measures to protect yourself and protect your developing baby from the Zika virus. If you have questions or concerns, consult your doctor.

Protect yourself by:

- Using mosquito repellent and wear long sleeves and long pants.

- Use condoms every time you have any kind of sexual contact.

- Keep mosquitoes out of your home. Put screens on your windows and doors.

- Once a week, dump or drain collected water in and around your home. Scrub containers to get rid of mosquito eggs.

Your family and your community are with you to help you stop Zika.



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He is the reason



helpstopzika.org