

# Going to the American Tropics?

Enjoy your trip...protect yourself  
from mosquito bites!



Mosquitoes can spread diseases such as Zika Virus.

Prevent getting sick:

- Use insect repellent
- Wear long sleeve shirts and long pants
- Use air conditioning or door/window screens



Visit [www.bphc.org/idb](http://www.bphc.org/idb) for more information or call 617-534-5611

