



Mosquitoes spread viruses that can cause serious health issues

# PROTECT Hawai'i from Mosquito-borne Diseases



**IF** you are traveling or recently traveled to an area where **Zika, dengue, or chikungunya** is spreading, keep Hawai'i free from these diseases by preventing mosquito bites:



- Use insect repellents while you travel and after returning home.
- Wear long sleeves, long pants, and socks, especially when outdoors.
- Avoid areas with mosquitoes, such as shady, damp locations or standing water.



**IF** you become ill within two weeks of traveling to Southeast Asia, Latin America, or the South Pacific, see a doctor immediately and notify him/her of your travel history.



**IF** you are pregnant and considering travel to an area where there are diseases spread by mosquitoes, consult your physician before making plans. If you decide to travel, especially in areas where Zika is present, protect yourself from mosquito bites.



## Fight the Bite

Prevent • Prepare • Protect

Find out more at  
[FightTheBiteHawaii.com](http://FightTheBiteHawaii.com)



**At home, Fight the Bite  
by eliminating mosquito  
breeding areas.**



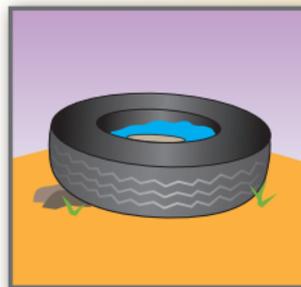
**Get rid of  
standing water**



**Fix leaky faucets  
and hoses**



**Repair screens  
and windows**



**Dispose of old  
tires and debris**

If you have questions about Zika, dengue,  
or chikungunya, call the Aloha United Way's  
Hawaii 211 (dial 2-1-1)

For additional resources, contact numbers, and  
information, visit **FightTheBiteHawaii.com**  
or [health.hawaii.gov](http://health.hawaii.gov)



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