These simple steps can protect you and your family

Tip out, throw out or store.
Remove anything in your yard that can hold water and act as a breeding site for the *Aedes aegypti* mosquito.

Spray your home.
Use long acting surface spray* to kill mosquitoes in your home.

Screen windows and doors.
Dengue/Zika mosquitoes sneak into your house and hide under furniture, behind curtains and in dark places.

Use insect repellent.
Use repellent containing DEET/Picaridin. These are safe for use in pregnancy. Also wear long sleeves, pants and cover your feet.

Pregnancy and travel
If you or your partner are pregnant or planning pregnancy don’t travel to countries with Zika.**

Protect your baby.
Zika can be passed from a pregnant woman to her unborn baby, which can sometimes cause severe birth defects. Zika can also be sexually transmitted. If pregnant, abstain from sex or use condoms until delivery.

* crawling insect or cockroach surface spray  
** for a list of countries with Zika visit www.health.qld.gov.au/zika

email: zika@health.qld.gov.au  
phone: 1800 336 483

WORRIED ABOUT ZIKA?