**MOSQUITOBORNE DISEASES**

Mosquitoes are small insects that carry serious diseases with just 1 bite. They can transmit diseases such as:

- West Nile Virus
- Malaria
- Chikungunya Virus
- Dengue Fever
- Zika Virus

Diseases spread by mosquitoes kill a million people every year & more than half of the world's population is at risk.

**Take simple measures to protect yourself and your family**

Avoid outdoor activities when mosquitoes are most active during the early morning and early evening.

Install window screens.

When traveling to a country where malaria and other mosquito-borne diseases are a concern:

1. Check with your doctor about medications to prevent malaria.
2. Use bednets to prevent mosquito bites while sleeping.

**Use mosquito repellant** according to the instructions on the label.

**Get rid of** stagnant water from places where mosquitoes breed, such as in old containers, flower pots, and used tires.

For more information of mosquito borne diseases and prevention, call or visit us on the web:

(405) 271-4060  
http://ads.health.ok.gov