

# Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



## PREVENT MOSQUITO-BORNE ILLNESSES

Most mosquito bites are relatively harmless. The itchy bumps often last for just a day or two after a mosquito has punctured your skin. But if the mosquito is carrying certain germs, like viruses or parasites, these pathogens might enter your blood during the bite and make you sick. But you can take simple steps to avoid getting bit by those blood-sucking insects.

### TO AVOID MOSQUITO BITES:

- ❑ **Cover your skin.** When outside, use long sleeves, pants, and socks to help block bites.
- ❑ **Use insect repellents when outside.** Follow the instructions on the label. Find effective bug repellents from the EPA, visit [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents).
- ❑ **Use a fan when sitting outside.** Aim the air from a box fan at your legs when eating outside or gardening.
- ❑ **Protect your home.** Use screens on open doors and windows. Repair screens if they get holes.
- ❑ **Remove breeding grounds.** Drain puddles around your house where mosquitoes can lay eggs.
- ❑ **Get vaccinated before you travel to areas with mosquito-borne diseases.** Learn more at [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).