

WORK OUTDOORS? SIMPLE STEPS TO PREVENT ZIKA

If you work or spend a lot of time outdoors, take these steps to protect yourself from the Zika virus.

WHEN YOU'RE OUTSIDE:



Apply EPA-approved insect repellent.

Wear clothing that covers hands, arms, legs, and exposed skin. This can include hats with mosquito netting and socks to cover your ankles.



In warmer weather, wear lightweight, loose-fitting pants and long-sleeve shirts.

IMPROVE YOUR OUTDOOR SETTINGS:



Remove standing water in cans, bottles, buckets, tires, wheel barrows or any container that can hold water.



Cover trash cans or containers where water can collect.

** Recommendations are based on emerging knowledge about Zika.*

KEEP UP WITH THE LATEST INFO AT [TexasZika.org](https://www.texaszika.org)