

# Prevent Mosquito-borne Diseases

Mosquito bites are more than just an annoyance. Mosquitoes can give you diseases that make you and your family sick, like West Nile, Zika, dengue, and malaria.

Protect yourself while spending time outdoors:



Wear insect repellents that contain DEET.



Cover up with long-sleeved shirts and long pants.



Remove standing water.

Mosquito-borne diseases can be life-threatening.

They can have no obvious symptoms.

Consult your health care provider if you feel sick.

Scan Me



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

Learn about mosquito-borne diseases at: [bit.ly/44e99cZ](https://bit.ly/44e99cZ)