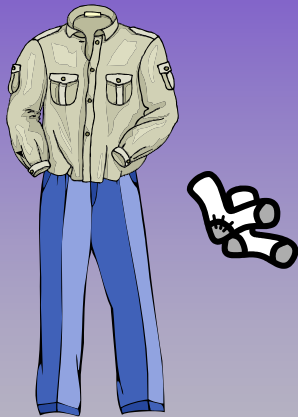


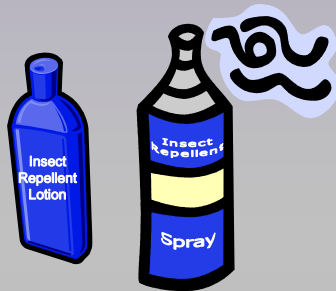
Protect Yourself from Malaria

Malaria is a life-threatening disease that is spread by the bite of an Anopheles mosquito. Protecting yourself from mosquito bites will help protect you from malaria. Fight mosquito bites!



Cover up.

Wear long pants, long-sleeve shirts, and socks during sunrise, sunset, and nighttime hours.



Use DEET.

Use an insect repellent containing DEET on exposed skin when spending time outdoors. DEET use is a safe and effective way to reduce mosquito bites.



When they're out, stay in.

Anopheles mosquitoes are active between sunset and sunrise. Avoid or limit outdoor activities during this time period.



Shut 'em out.

Close windows at night or install screens in windows and doors if they are left open at night.



For more information about malaria visit www.cdc.gov/malaria

