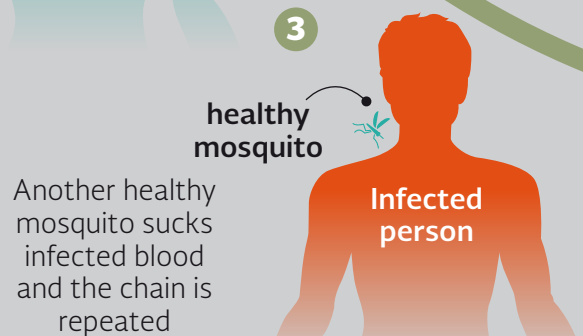
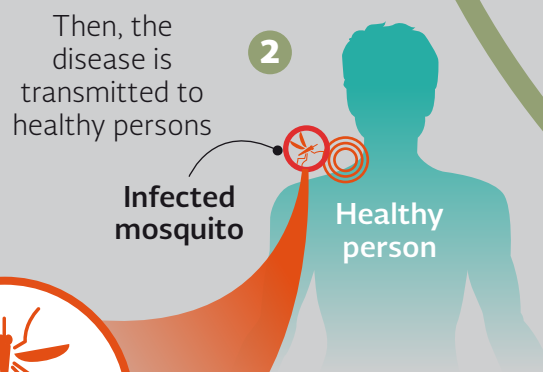
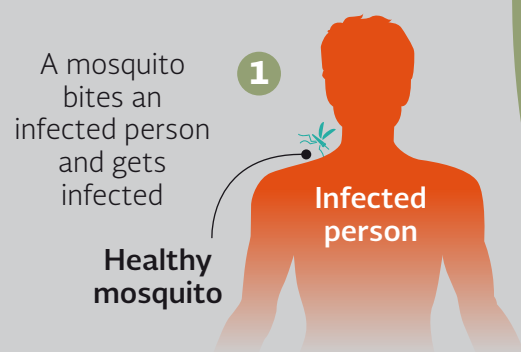


# MOSQUITO TRANSMITTED DISEASES... **Protect yourself!**

## What are they?

They are viral diseases caused by *Aedes aegypti* and *Aedes albopictus* mosquito bites

## Virus spreads when...



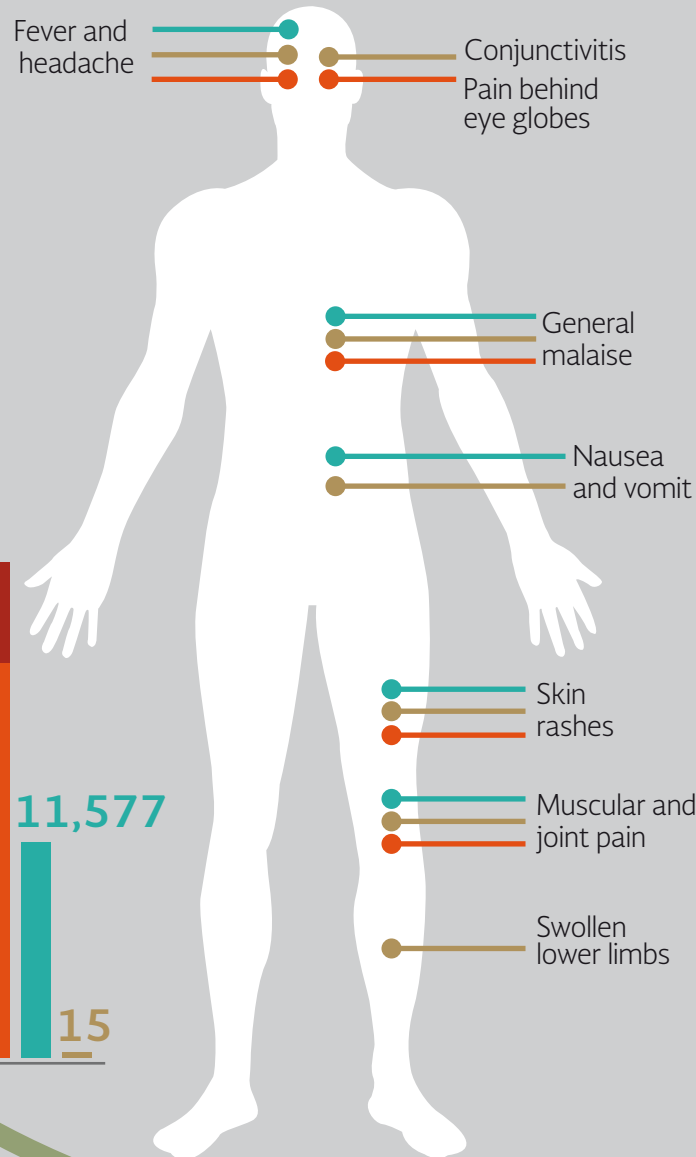
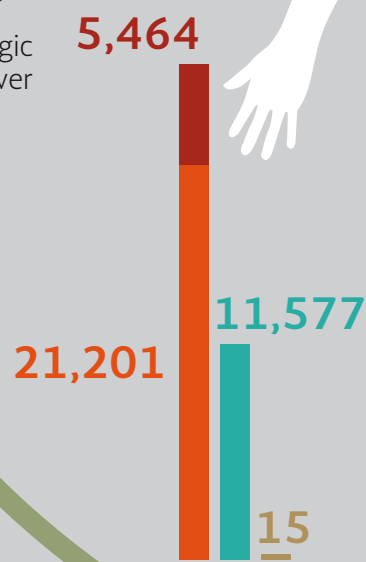
## Symptoms

They appear three to seven days after the bite

- Dengue fever
- Chikungunya
- Zika

## Cases registered during 2015

- Hemorrhagic dengue fever



## Prevent mosquito bites

- Pick up street garbage; it may shelter mosquito breeding areas
- Cover water containers
- Drill a hole at the bottom of flowerpots to permit water drainage
- Periodically mow the grass and prune plants
- Open doors and windows when the Health Secretariat fumigates the streets
- Wear thick clothes in light colors with long sleeves and pants
- Use insect repellent
- Place screens on windows and doors

## Be informed

**Secretaría de Salud**  
[www.gob.mx/salud](http://www.gob.mx/salud)

**Sistema Nacional de Protección Civil**  
[www.gob.mx/proteccioncivil](http://www.gob.mx/proteccioncivil)

**Centro Nacional de Prevención de Desastres**  
[www.gob.mx/cenapred](http://www.gob.mx/cenapred)

Source: Centro Nacional de Prevención de Desastres  
Translation: Guadalupe Meléndez de Escalante

#PREVENIRESVIVIR



# Dengue fever, Zika, and chikungunya virus

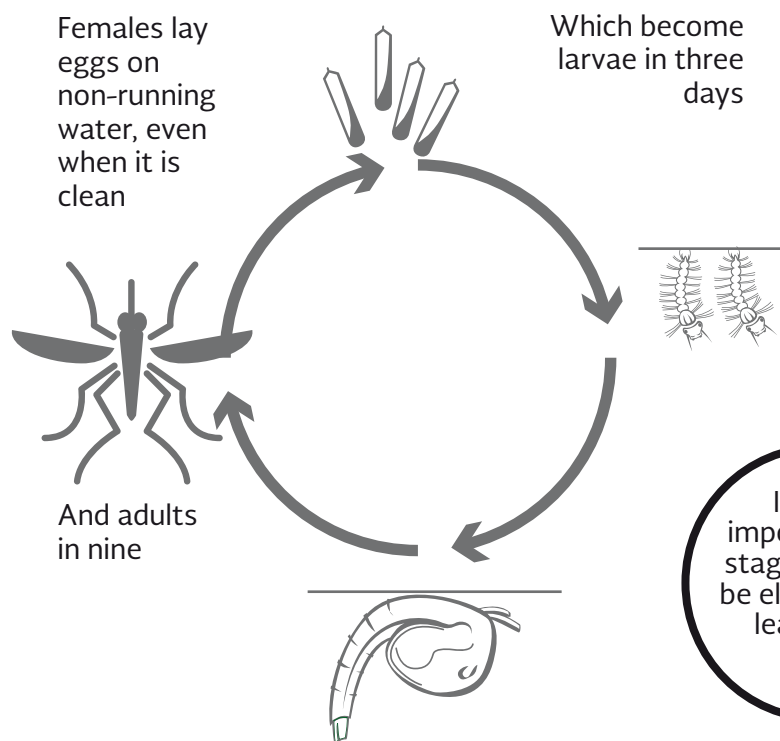
They are spread via an infected mosquito

## Origin

*Aedes aegypti* mosquito originated in Ethiopia (African tropical region). It is believed that the mosquito was introduced to America from the Old World in water barrels on board ships, with the initial European explorers and colonizers

## Avoid reproduction

Mosquitos are daytime animals; they like dark and fresh sites. They never leave their location, just fly around no more than 100 meters, and can live for several months. A female mosquito lays from 300 to 750 eggs



## Risk areas

Two fifths of world people live in tropical and subtropical areas, with high humidity and temperatures. They are at risk of being infected, more than ever during rainy seasons



## High risk groups

- Pregnant women
- Children
- Senior citizens



When one of the symptoms appears, visit the Health Center

## Be informed

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Source: Centro Nacional de Prevención de Desastres

It's very important that stagnant water be eliminated at least every 5 days

An infected person may be unable to work for up to

**6 months**  
due to chikungunya

**7 days**  
due to Zika and dengue fever