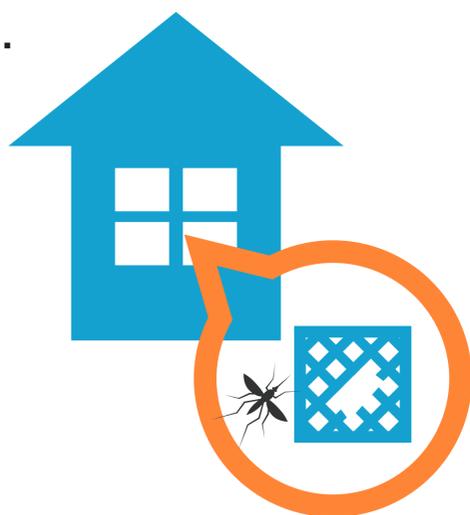


PROTECT YOURSELF AND YOUR FAMILY AFTER HURRICANES

Protect yourself from mosquitoes.



- Use EPA-approved repellent that contains oil of lemon eucalyptus, Picaridin, IR3535, or DEET.
- Cover or dump out standing water where mosquitoes could lay eggs.
- Keep doors closed and repair window screens.



- If you could be exposed to mosquitoes while sleeping, wear repellent and/or use a mosquito net.
- Wear long-sleeved shirts and long pants.

If you feel anxiety or stress, call or text SAMHSA's Disaster Distress Helpline at 1-800-985-5990

More information: www.cdc.gov/disasters/hurricanes



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention