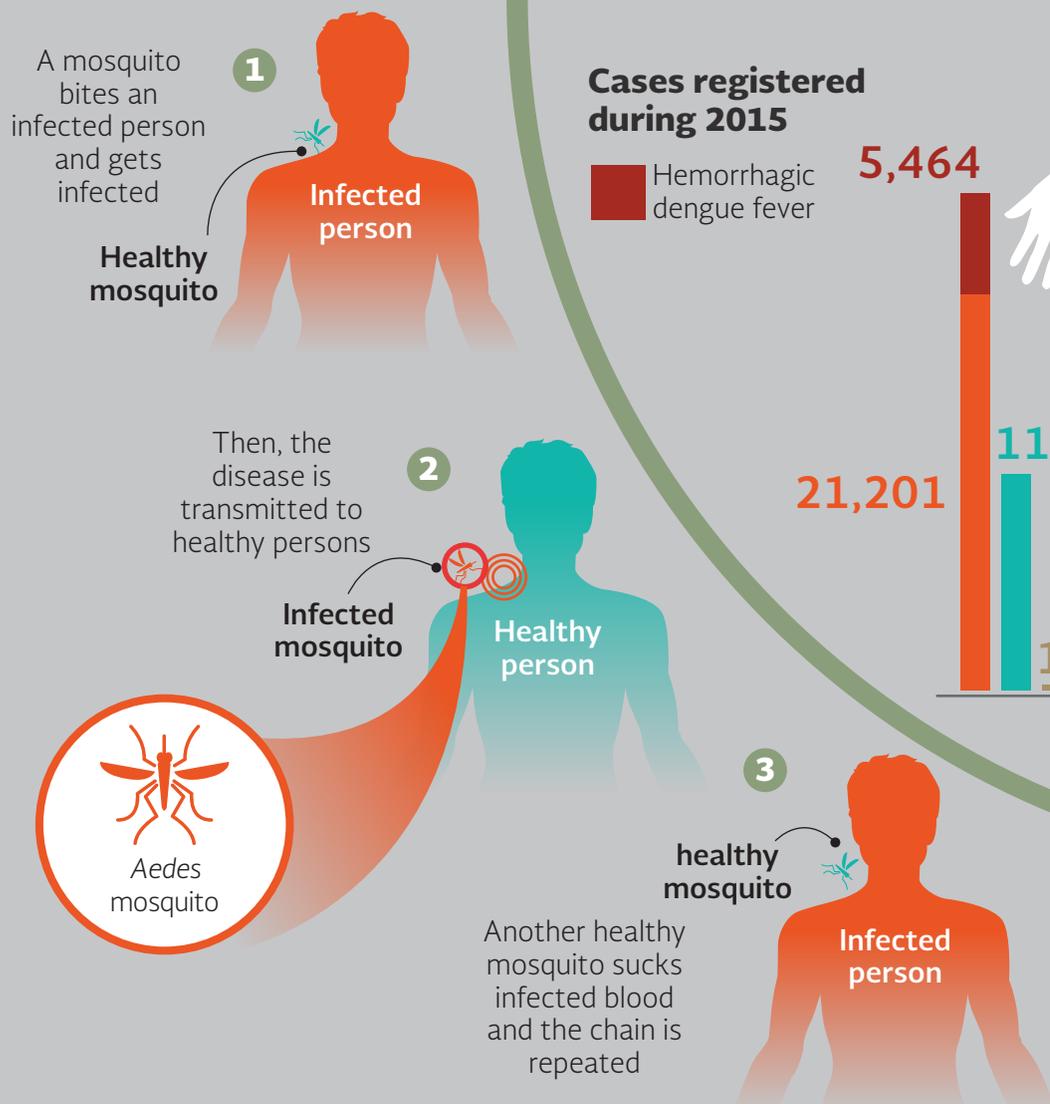


MOSQUITO TRANSMITTED DISEASES... **Protect yourself!**

What are they?

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

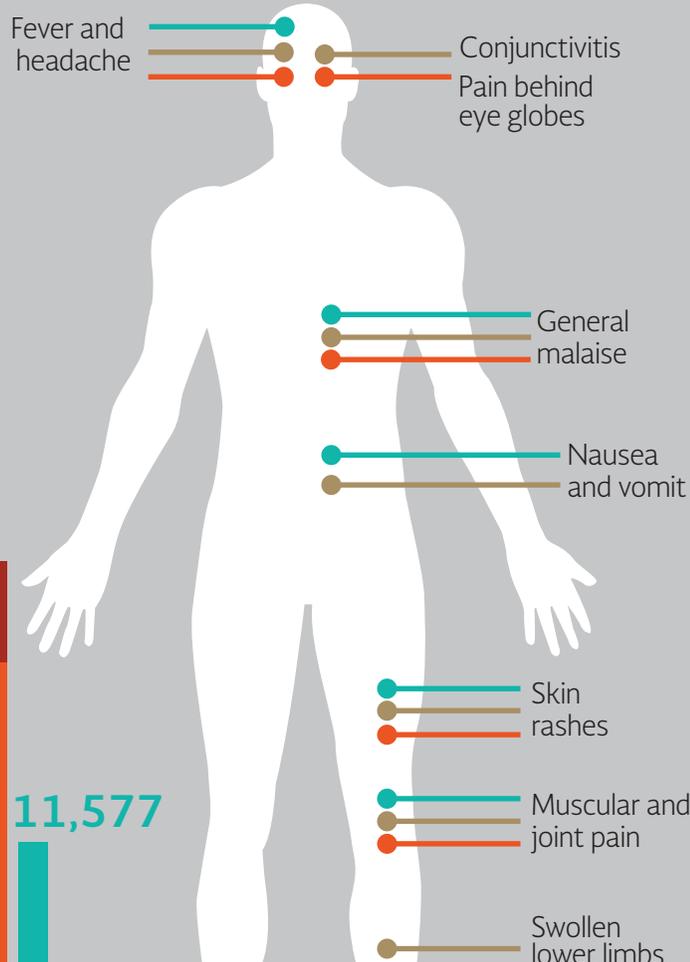
Virus spreads when...



Symptoms

They appear three to seven days after the bite

- Dengue fever
- Chikungunya
- Zika



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

Centro Nacional de Prevención de Desastres
www.gob.mx/cenapred

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



GOBIERNO DE MÉXICO

SEGURIDAD
SECRETARÍA DE SEGURIDAD Y PROTECCIÓN CIUDADANA





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

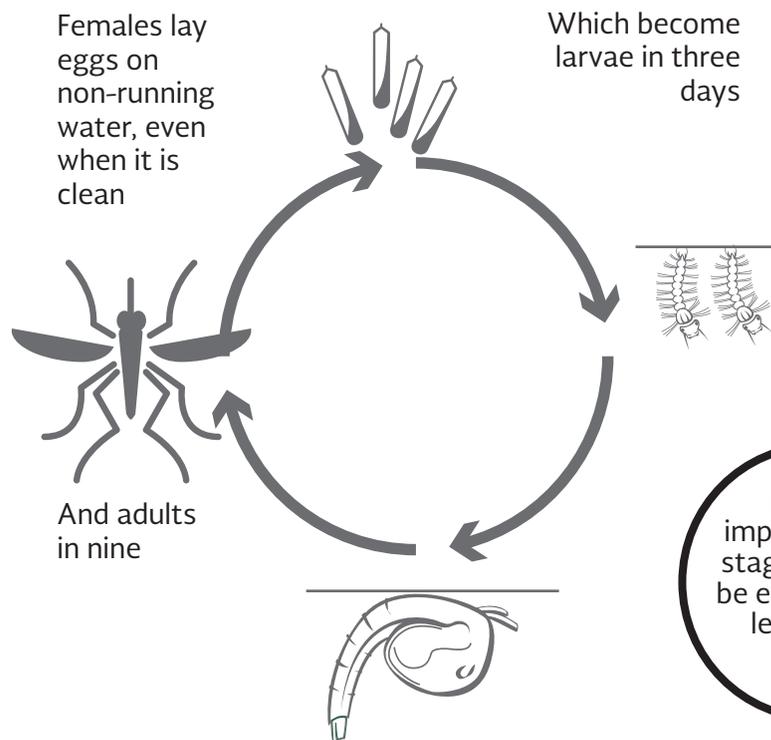
Risk areas

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



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



High risk groups

- Pregnant women
- Children
- Senior citizens



When one of the symptoms appears, visit the Health Center

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

Be informed

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