If you work or spend a lot of time outdoors, take these steps to protect yourself from the Zika virus.

WHEN YOU’RE OUTSIDE:

- Apply EPA-approved insect repellent.
- Wear clothing that covers hands, arms, legs, and exposed skin. This can include hats with mosquito netting and socks to cover your ankles.
- In warmer weather, wear lightweight, loose-fitting pants and long-sleeve shirts.

IMPROVE YOUR OUTDOOR SETTINGS:

- Remove standing water in cans, bottles, buckets, tires, wheel barrows or any container that can hold water.
- Cover trash cans or containers where water can collect.

*Recommendations are based on emerging knowledge about Zika.

KEEP UP WITH THE LATEST INFO AT TexasZika.org