

Message to Parents from the Warren County Department of Health:

Fall is in the air, but the mosquitoes are still here! Protect yourself and your family from mosquito-borne viruses by practicing the 3 D's of mosquito control: **Drain, Dress, and Defend.**

DRAIN standing water from containers around your yard to eliminate mosquito breeding.

DRESS to cover your skin by wearing long sleeves and pants when possible.

DEFEND yourself by using EPA-approved insect repellent.

If you are TRAVELING in the near future, learn where Zika is active before you go.

If you are **pregnant or planning to become pregnant**, contact your physician. Protect you and your partner from Zika.

For more information, visit the **Centers for Disease Control & Prevention** website at www.cdc.gov/zika, or the **New Jersey Department of Health** website at www.nj.gov/health/cd/zika, or call the **New Jersey 24/7 Zika Call Center** at 1-800-962-1253.

Thank you!

From the Warren County Health Department at www.co.warren.nj.us/healthdept or at (908) 475-7960.