

# Fight the bite

Protect yourself and your family against dengue, chikungunya and Zika



Eliminate mosquito breeding sites in and around your home

Use mosquito repellent recommended by health authorities (i.e., containing one of these 4 substances: DEET, picaridin, citriodiol, IR3535)



Use mosquito coils in outdoor settings (but not inside your rooms or houses)



Sleep under mosquito nets during the day



Cover exposed skin with long-sleeved shirts, trousers and hats, when possible



For more information, please call Tuvalu Public Health Unit, Princess Margaret Hospital: 20480



Pacific Community  
Communauté du Pacifique

**No breeding sites,  
no mosquitoes: no dengue,  
chikungunya and Zika**