

# PICK-A-DAY to FIGHT-THE-BITE



## *Facts about the Asian tiger mosquito that can transmit the **ZIKA VIRUS:***

- ◆ They breed in standing water that has collected in containers and other man-made items
- ◆ They don't breed in ponds or puddles of water over soil
- ◆ They live throughout Virginia
- ◆ They tend to bite during the day rather than at night
- ◆ The usual pesticide spraying is not effective against them
- ◆ They typically spend their entire lives within a 200-yard area
- ◆ They develop into adults in about 10 days

*Therefore.....*

*From May through October  
**PICK ONE DAY A WEEK**  
to check for breeding sites  
on your property!*



Over

# PICK-A-DAY to FIGHT-THE-BITE

Pick one day per week  
to empty or change the water  
in these possible Mosquito Breeding Sites:

- Bird Baths
- Boat and Cover
- Buckets
- Drain Pipes
- Artificial Fish Ponds
- Flower Pots/Trays
- Items behind your Shed
- Items under your Deck
- Pet Food/Water Bowls
- Rain Gutters
- Any other man-made items that hold water
- Rain Barrels and Cisterns
- Recycling Bins
- Swimming Pools
- Tarps
- Tires/Tire Swings
- Toys
- Trash Cans
- Watering Cans
- Wheelbarrows
- Utility Carts

## **Protect yourself from mosquito bites:**

- Use mosquito repellent
  - Carefully follow the directions
  - Approved active ingredients include: DEET, Picaridin, IR3535
- Wear long sleeves, pants, socks and shoes while outside
- Use undamaged screens on windows and doors



For more information, please visit:

[www.cdc.gov/zika](http://www.cdc.gov/zika)

[www.ZikaVa.org](http://www.ZikaVa.org)