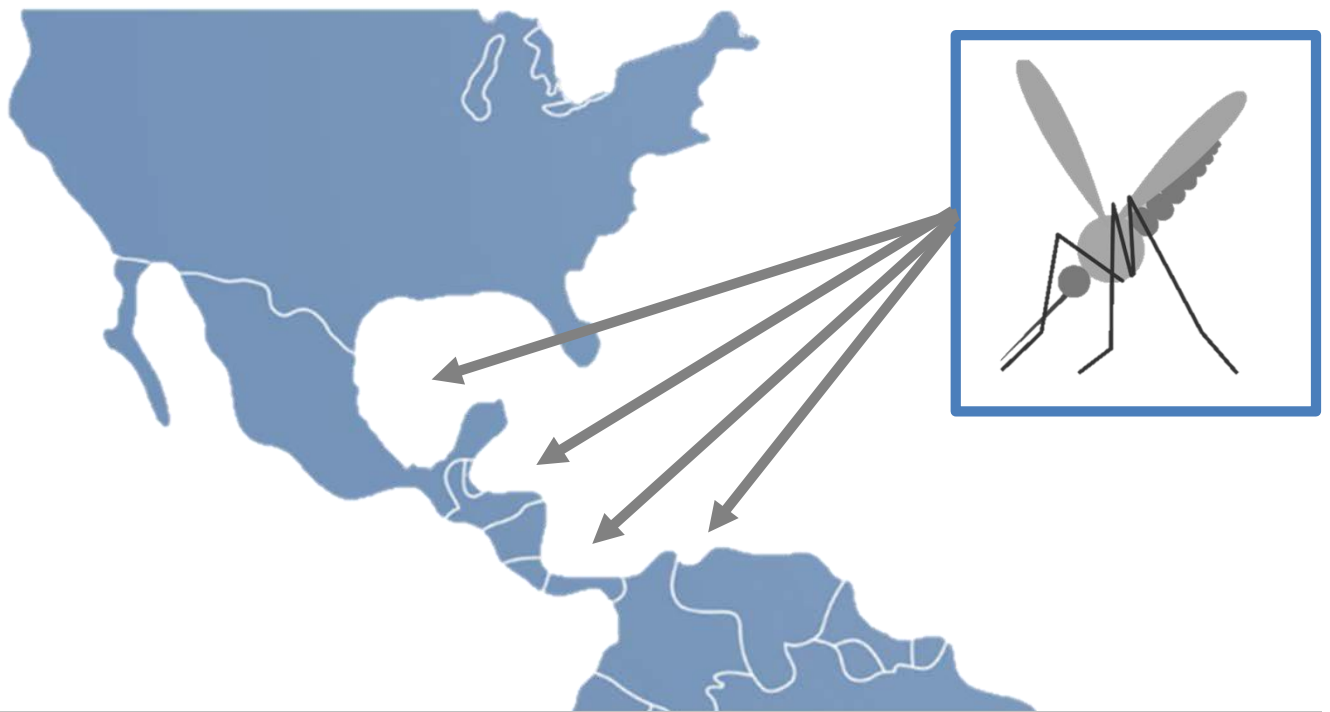





Are you travelling to Hawaii, Mexico, Central or South America over the holidays?

Mosquitoes on the Big island of Hawaii and in places south of the United States such as Mexico, El Salvador, and the Caribbean have been spreading diseases. Dengue and Chikungunya are diseases caused by a virus (germ) that are spread to people by mosquito bites.



	<p>Protect yourself against mosquitoes during the <u>day and night</u> with long sleeves and repellents such as: DEET, oil of lemon eucalyptus, picaridin or IR3535.</p>
	<p>Sleep in rooms with screens on windows.</p>
	<p>Check for signs of illness for 14 days after you travel. If you have fever, joint pain, or other signs of being sick, call your doctor and talk about your travel.</p>

Adapted from Los Angeles County Department of Public Health

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Visit our website at:
agdept.com/mvc.html