



# Protect Yourself, Protect Hawaii from Dengue Fever

By knowing how to control mosquito breeding areas and how to protect yourself from being bitten, you can join us in preventing the spread of dengue fever.

## Help Eliminate Mosquitoes

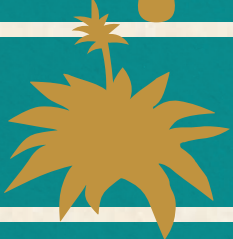
Here are a few ways you can get rid of standing water and reduce the number of mosquitoes around your home or property.



**Eliminate standing water in buckets, puddles, etc.**



**Fix leaky faucets and outdoor hoses that are dripping water.**



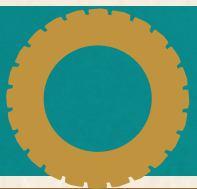
**Treat bromeliads and other plants that hold water.**



**Clean your gutters so water runs freely.**



**Repair screens and jalousie windows to keep mosquitoes out.**



**Dispose of old tires.**

## Protect Yourself

Follow these simple steps to protect yourself and your family and friends from dengue fever.



**Apply insect repellent when you're outdoors. Always follow directions for using repellents– especially on small children.**



**Clothing, such as long pants, long sleeve shirts and socks, can help protect from bites.**



**Avoid activities in areas with lots of mosquitoes, and going outdoors at dawn and dusk when mosquitoes are most active.**



**FOR UPDATES ABOUT THE DENGUE FEVER IN HAWAII VISIT [www.health.hawaii.gov](http://www.health.hawaii.gov)**

**FOR MORE INFORMATION CALL ALOHA UNITED WAY 2-1-1**

**TO REPORT A SUSPECTED CASE CONTACT DEPARTMENT OF HEALTH DISEASE OUTBREAK CONTROL DIVISION AT 808-586-4586.**

**IF YOU ARE ILL AND SUSPECT YOU MAY HAVE DENGUE FEVER, CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY.**