



JILINDE dhidi ya KUUMWA NA MBU

Mbu hueneza magonjwa



Tahadhari wakati wa usiku

Mbu katika jimbo la Vermont huuma zaidi kati ya machweo na macheo.



Vaa mavazi ya kujikinga

Vaa mashati ya mikono mirefu na suruali ndefu. Kwa ulinzi wa ziada, nyunyizia dawa ya permethrin kwenye mavazi.



Linda nyumba yako dhidi ya mbu

Tumia skrini kwenye madirisha na milango. Tumia kiyoyoyi kinapopatikana. Mwaga maji na usafishe vifaa



Tumia dawa ya kufukuza wadudu

Angalia tovuti ya EPA.gov kwa dawa salama na zenye ufanisi za kufukuza wadudu. Fuata maagizo yaliyo kwenye lebo. Paka kwenye ngozi kabla va

Kwa maelezo zaidi:

HealthVermont.gov/mosquito



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread diseases



Take caution at night

Mosquitoes in Vermont are most active between dusk and dawn.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Empty and clean objects that hold standing water.



Wear protective clothing

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.



Use insect repellent

Check the EPA.gov website for safe and effective repellents. Follow instructions on the label. Apply to skin before going outside.

For more information:

HealthVermont.gov/mosquito