1. Spend 10 minutes once a week to check around the house and yard to eliminate water sources that can provide breeding sites for mosquitoes. You should also check for clogged gutters on roofs, and trim weeds and tall grasses.

2. The mosquitoes that carry Zika virus are the same ones that carry chikungunya and dengue. The mosquitoes breed in anything which can hold water including discarded tyres, tin cans, bottles, flower pots, storage jars, cooling systems and manhole covers. The mosquito can rest in and around houses, schools, hospitals and other areas where it is dark, cool and shaded.

3. Prevent indoor mosquito bites by screening windows, keeping windows closed, sleeping under a bednet during the day, wearing long sleeve clothing during the day when mosqui-