



**Get an Rx:**

# Avoid Lyme Disease & the Zika Virus

Use insect repellents to **help protect** you and your family from **Lyme disease** and **Zika!** HUSKY Health will help.

HUSKY Health members can get insect repellents as a covered pharmacy benefit to help protect against Lyme disease, Zika, and other insect-borne diseases. Contact your Primary Care Provider (PCP) for a prescription today.

**Talk to your provider for a prescription to cover the cost of any of the following products\*:**

- Off Deep Woods Dry
- Off Family Care
- Off Deep Woods
- Off Active
- Repel Sportsmen
- Repel Sportsmen Max
- Cutter Backwoods
- Cutter Skinsations

\* A provider prescription is required for insect repellents to be covered by HUSKY Health.

**According to the Centers for Disease Control and Prevention, people living in areas without the Zika virus should:**

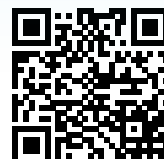
- Avoid travel to an area with Zika.
- Take steps to avoid mosquito bites.
- Take steps to prevent getting Zika through sex.
- See a doctor or other healthcare provider, if pregnant and have traveled to an area with Zika - even if you don't feel sick.



To learn more about protecting yourself and your family from Zika, go to <http://www.cdc.gov/zika/pregnancy/protect-yourself.html>

**Prevent tick bites and Lyme disease by:**

- Wearing insect repellent that has DEET in it.
- Check for ticks at the end of each day.
- Take a shower to help wash off the ticks you can't see.
- Change clothes. Don't put on clothes you have already worn that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.



To learn more about protecting yourself and your family from ticks, go to <http://www.ct.gov/dph/cwp/view.asp?a=3136&q=395590>



Community Health Network of Connecticut, Inc. and the HUSKY Health program comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak a language other than English, language assistance services are available to you, free of charge. Call 1.800.859.9889 (TTY: 711) for assistance.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.859.9889 (TTY: 711).

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1.800.859.9889 (TTY: 711).

