



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, women 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>



Lyme Disease & Zika prevention information is a service of the HUSKY Health Program.

