

WORLD CUP  
2026

# FIGHT THE BITE



Mosquitoes spread germs through bites that can make you sick.

**Don't let mosquitoes score this summer!**



## DRESS

in loose-fitting, long-sleeve shirts and pants to protect your arms and legs.



## DEFEND

by using EPA-approved sprays that contain DEET, picaridin, oil of lemon, or eucalyptus.



## DETER

bites by limiting outdoor activity at dawn and dusk, when mosquitoes are most active.