CDC's Response to Zika

PROTECT YOUR FAMILY

Cover up!

- Wear long-sleeved shirts and long pants. Babies and small children should also be dressed in clothing that covers as much of their body as possible.
- Sleep under a mosquito bed net.

Wear insect repellent

(Yes, it's safe and it works!)

- Always follow label instructions.
- Reapply insect repellent as directed.
- Apply an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.

Protect your baby or young child

- Always follow instructions when applying insect repellent to children.
- Cover the crib, stroller, and baby carrier with mosquito netting.
- Adults: Always follow label instructions. Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut, or irritated skin.

Use insect repellent safely

- X Do not spray insect repellent on the skin under clothing.
- Do not use insect repellent on babies younger than 2 months old. Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children under 3 years old.



U.S. Department of Health and Human Services Centers for Disease Control and Prevention

For more information: www.cdc.gov/zika