Mosquitoes carry viruses and can make you sick

Prevent mosquito bites

- Use insect repellent
- Wear long-sleeved shirts and long pants
- Keep mosquitoes outside

Control mosquitoes around your home. Once a week, empty and scrub, turn over, cover, or throw out any items that hold water. Use screens on windows and doors.

www.cdc.gov/zika
Protect yourself and your family from mosquito bites

Use insect repellent | Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

<table>
<thead>
<tr>
<th>Active ingredient</th>
<th>Higher percentages of active ingredient provide longer protection</th>
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<tbody>
<tr>
<td>DEET</td>
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<td>Picaridin (known as KBR 3023 and icaridin outside the US)</td>
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<td>IR3535</td>
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<td>Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)</td>
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Find the insect repellent that’s right for you by using EPA’s search tool.*

Always follow the product label instructions

Insect repellent use
* Reapply insect repellent as directed.
* Do not spray repellent on the skin under clothing.

Insect repellent use on children
* Adults: Spray insect repellent onto your hands and then apply to a child’s face.

Do not
› use insect repellent on babies younger than 2 months of age.
› apply insect repellent into a child’s hands, eyes, mouth, and cut or irritated skin.
› use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

* The EPA’s search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

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