Mosquitoes spread germs that can make you sick

Prevent mosquito bites

- Use insect repellent.
- Wear long-sleeved shirts and long pants. Treat clothing and gear with permethrin.
- Keep mosquitoes outdoors.

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>
<td></td>
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<tr>
<td>Picaridin (known as KBR 3023 and icaridin outside the US)</td>
<td>Find the insect repellent that’s right for you by using EPA’s search tool*.</td>
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<tr>
<td>IR3535</td>
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<tr>
<td>Oil of lemon eucalyptus (OLE)</td>
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<tr>
<td>Para-menthane-diol (PMD)</td>
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<td>2-undecanone</td>
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</table>

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

Always follow the product label instructions

Insect repellent use
• Reapply 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 products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
  » Apply insect repellent to a child’s hands, eyes, mouth, and cut or irritated skin.

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