

# PROTECTING CHILDREN IN PUERTO RICO FROM **ZIKA**



Zika is a virus primarily spread through bites of infected mosquitoes. Children cannot pass Zika to each other through touching, sneezing, or coughing. There is no vaccine to prevent Zika. The best way to protect children from Zika is to prevent mosquito bites.

## There are many ways you can help protect children from Zika.

### Apply insect repellent

Use 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, or 2-undecanone.

- ✗ Do not use insect repellent on babies younger than 2 months.
- ✗ Do not use products containing OLE or PMD on children younger than 3.
- ✓ Always follow the product label instructions.
- ✓ Spray insect repellent onto your hands and then apply to a child's face.
- ✓ If you are also using sunscreen, apply sunscreen first and insect repellent second.
- ✗ Do not apply insect repellent onto a child's hands, eyes, mouth, and any cut or irritated skin.
- ✗ Do not spray repellent on the skin under clothing.



### Wear protective clothing

Dress your child in long-sleeved shirts and long pants.

### Control mosquitoes in and around your home

- ✓ Keep windows and doors shut and use air conditioning when possible.
- ✓ Use, install, or repair window and door screens.
- ✓ Remove standing water inside and around your home. Learn more about controlling mosquitoes at home at <http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html>.

Learn more about mosquito bite prevention at <http://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>.



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

## Use bed nets while sleeping

Bed nets can be hung above a bed or crib to protect children from mosquito bites. Children should sleep under a bed net if air conditioned and screened rooms are not available or if sleeping outdoors. If sleeping in a tent, ensure that the tent is sealed at all times to prevent mosquito from coming in.

### When using a bed net

- ✓ Tuck the net under the mattress to keep the mosquitoes out (night and day). Netting over a crib should be tucked under the mattress or be long enough to touch the floor so mosquitoes can't get under it.
- ✓ Pull the net tightly to avoid choking hazards for young children.
- ✓ Hook or tie the sides of the net to other objects if they are sagging in towards the sleeping area.
- ✓ Check for holes or tears in the net where mosquitoes can enter.
- ✗ Do not hang the net near any candles, cigarettes, or open fires, as they are flammable.
- ✗ Do not let children sleep directly against the net, as mosquitoes can still bite through holes in the net.

Mosquito netting can also be used to cover strollers and baby carriers.

## Talk to children about Zika

Talking to children about Zika can help answer their questions and dispel any fears they may have. Children can better cope with a disease outbreak when they know more about what is happening and what they can do to help protect themselves, family, and friends.

For more information about talking to your children about Zika, visit <http://www.cdc.gov/zika/pdfs/zika-ttykids.pdf>

