

CDC's Response to **Zika**

# **USE BED NETS** WHILE SLEEPING



## **How to Correctly use Bed Nets**

Bed nets can be hung above a bed or crib to protect against mosquito bites. Adults and children should sleep under a bed net if air conditioned and screened rooms are not available.



## When using a bed net:

- Tuck the net under the mattress to keep the mosquitoes out.
- Tuck netting over a crib under the mattress or select a net long enough to touch the floor.
- 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 it can catch on fire.
- ✗ **Do not** sleep directly against the net, as mosquitoes can still bite through holes in the net.

For more information on controlling mosquitoes at home, visit [www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html](http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html)