MOSQUITO BITE PREVENTION

STOP MOSQUITO BITES.
DON’T STOP OUTDOOR ACTIVITIES.

Protect yourself from Zika
Zika is a disease primarily spread by mosquitoes, so if you’re outdoors, protect yourself from bites.

Know before you go
Zika is not being spread in the continental United States at this time. As the mosquito season begins, find out areas where Zika is spreading: www.cdc.gov/zika/geo

What to take with you
- EPA - registered insect repellent (Look for these ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.)
- Long-sleeved shirts and long pants.
- Clothing and gear treated with permethrin.
- A tent to sleep in (if mosquitoes can get to where you’re sleeping.)

Protect yourself and your family
- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible.
- If you’re camping or sleeping outside, use a tent.
- Dress kids in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.

STOP the spread
If you have been in an area with Zika
- Watch for symptoms. Call your doctor immediately if you get sick.
- If you’ve been in an area with Zika, use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.

Zika symptoms
People with Zika don’t always get sick. People with symptoms:
- Red eyes
- Headache
- Fever
- Rash
- Joint pain
- Muscle pain

For more information: www.cdc.gov/zika