

## ZIKA: PROTECTING CHILDREN FROM MOSQUITO BITES AT CAMP



As a parent or guardian, you want to keep your camper healthy while at camp. One way to stay healthy, is to prevent mosquito bites. Mosquitoes can spread viruses like Zika and West Nile, which can make people sick. The following tips will help you and your camper prepare for a healthy, fun time at summer camp.

### About Zika

- Zika virus is primarily spread through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes live in [several US states](#).
- Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, and red eyes. Symptoms can last for several days to a week.

### Risks to Campers

There is no mosquito-borne spread of Zika in the continental United States or Hawaii. If Zika virus is spreading in an area, state health department will notify the public. Mosquitoes that spread Zika virus live inside and outside and are aggressive daytime biters. They can also bite at night. Campers are at risk of mosquito bites when they are

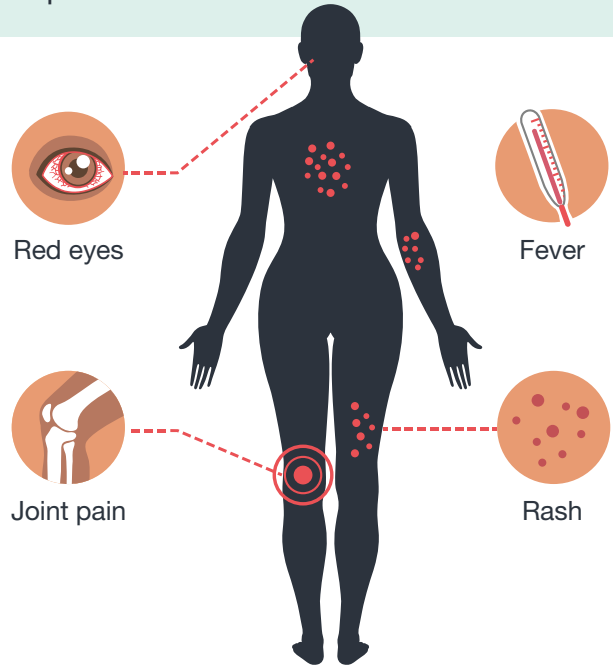
- Participating in [outdoor activities](#)
- Sleeping outside or in buildings that do not have window and door screens.

### Preventing Mosquito Bites

The best way to prevent viruses spread by mosquitoes is to protect your child from mosquito bites. Talk to your child about how to protect themselves.

#### 1. Talk to your child about

- The risks of mosquito bites and how to protect themselves
- How to apply insect repellent
  - » Follow the label instructions and reapply as directed.
  - » Spray insect repellent onto hands and then apply to face.
  - » Do not spray repellent on skin that is under clothing.
  - » Do not spray repellent into eyes, mouth, or skin that is cut or irritated.
  - » Apply sunscreen first and apply insect repellent second.
- If you would prefer that an adult apply insect repellent to your child, request assistance before your child arrives at camp.
- Zipping up their tent to keep mosquitoes outside
- Learn more tips on how to [talk to children about Zika](#)



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## 2. Pack the following items and encourage their use

- [EnvEnvironmental Protection Agency \(EPA\)-registered insect repellents](#) containing one of these active 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 provides an added layer of protection
- If your child will be sleeping outdoors or in a building without window and door screens, ask the camp if they provide bed nets. If not, consider purchasing a bed net that is treated with permethrin. Permethrin-treated bed nets provide more protection than untreated nets.
- [CDC's Camp Toolkit](#) provides additional information.



## Campers Who Get Sick with Zika

There is no vaccine or medicine for Zika. Camp staff and administrators know how to help sick kids. If a camper gets sick and it might be Zika, he or she should

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine, such as acetaminophen, to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Inform camp staff about any medicines that your child is taking.
- If your child gets sick with Zika, they should strictly follow steps to prevent mosquito bites for 3 weeks.

## Toolkit for Camps

Find everything you need to keep staff and campers healthy this summer in the [CDC's Zika Communication Toolkit for Camps](#).