CDC’s Response to Zika

PROTECT YOUR FAMILY

Cover up!
✓ Wear long-sleeved shirts and long pants. Babies and small children should also be dressed in clothing that covers as much of their body as possible.
✓ Sleep under a mosquito bed net.

Wear insect repellent (Yes, it’s safe and it works!)
✓ Always follow label instructions.
✓ Reapply insect repellent as directed.
✓ Apply 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.
✓ If you are also using sunscreen, apply sunscreen first and insect repellent second.

Protect your baby or young child
✓ Always follow instructions when applying insect repellent to children.
✓ Cover the crib, stroller, and baby carrier with mosquito netting.
✓ Adults: Always follow label instructions. Spray insect repellent onto your hands and then apply to a child’s face. Do not apply insect repellent to a child’s hands, mouth, cut, or irritated skin.

Use insect repellent safely
✗ Do not spray insect repellent on the skin under clothing.
✗ Do not use insect repellent on babies younger than 2 months old. Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children under 3 years old.

For more information: www.cdc.gov/zika