



Mosquitoes carry viruses
and can make you sick

Prevent mosquito bites



Use insect repellent



Wear long-sleeved
shirts and long pants



Keep mosquitoes
outside

Control mosquitoes around your home.
Once a week, empty and scrub, turn over,
cover, or throw out any items that hold water.
Use screens on windows and doors.

www.cdc.gov/zika



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



Protect yourself and your family from mosquito bites

Use insect repellent | Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool*.

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Always follow the product label instructions



Insect repellent use

- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.

Insect repellent use on children

- Adults: Spray insect repellent onto your hands and then apply to a child's face.

Do not

- » use insect repellent on babies younger than 2 months of age.
- » apply insect repellent into a child's hands, eyes, mouth, and cut or irritated skin.
- » use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.



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