CDC's Response to **Zika**

How to Protect Against Mosquito Bites

Zika virus is spread to people mainly through the bite of an infected mosquito. Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night. The best way to prevent Zika is to protect yourself from mosquito bites.

Use insect repellent

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Always follow the product label instructions.

- When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

If you have a baby or child

- 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 younger than 3 years old.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and any cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.

Treat clothes and gear

- Treat items such as clothing and gear with permethrin or buy permethrin-treated clothes and gear.
  - » See product information to find out the number of washings or length of time the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

Insect Repellent Guide

Active ingredient Higher percentages of active ingredient provide longer protection	**Some brand name examples***
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart

*Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

www.cdc.gov/zika

COLORADO Department of Public Health & Environment

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

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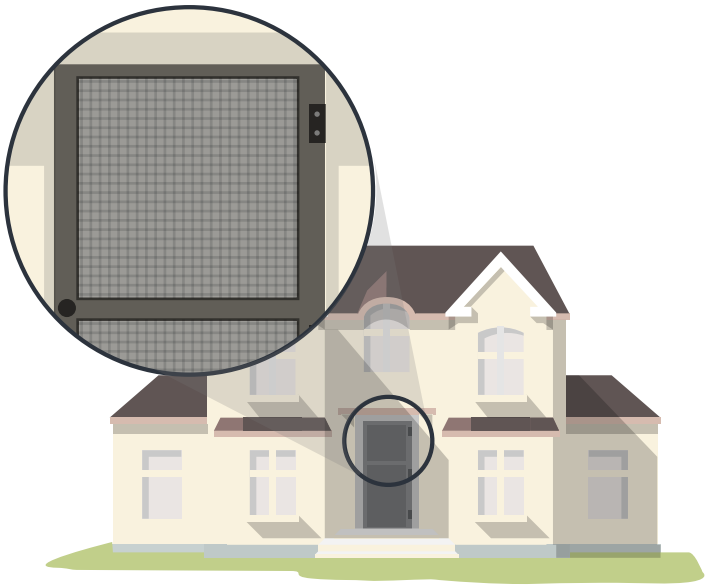
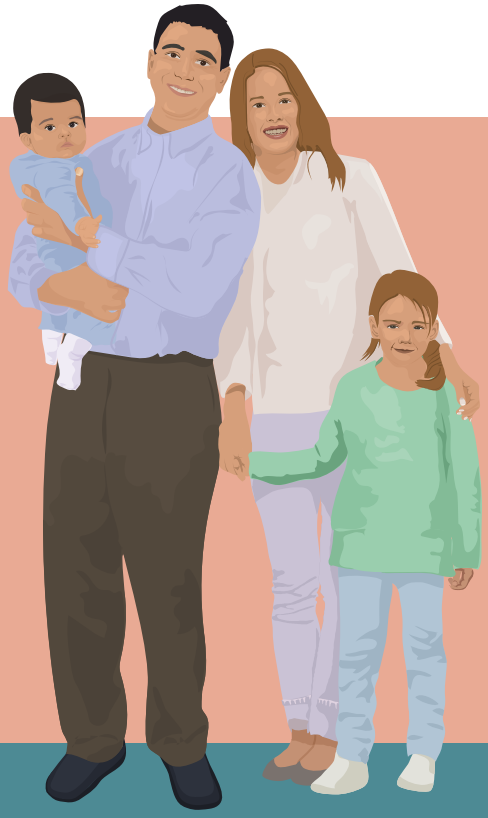
Control mosquitoes outside your home

- **Once a week**, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, and planters.
- Tightly cover water storage containers (buckets, rain barrels, etc.).
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Use an outdoor flying insect spray in dark humid areas where mosquitoes rest, like under patio furniture, or in the carport or garage. When using insecticides, always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes using wire mesh with holes smaller than an adult mosquito.

Control mosquitoes inside your home

- Keep windows and doors shut and use air conditioning when possible.
- Use, install, or repair window and door screens.
- **Once a week**, empty or throw out any items that hold water like vases and flowerpot saucers.
- Use an indoor flying insect fogger* or indoor insect spray* to kill mosquitoes and treat areas where they rest. These products work immediately, but may need to be reapplied. Always follow label directions.
- Only using insecticide will not keep your home free of mosquitoes.





Do-It-Yourself Products

Product	Active ingredient	Brand name examples**	How long it works
Indoor flying insect spray	Imidacloprid, β-Cyfluthrin	Home Pest Insect Killer, Raid, Ortho, HotShot, EcoLogic	7-10 days
Indoor flying insect fogger	Tetramethrin, Cypermethrin	Hot Shot, Raid, Real Kill, Spectracide	Up to 6 weeks

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