



## 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](http://www.cdc.gov/zika/geo)

## What to take with you

- ◆ EPA - registered insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD)
- ◆ 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.
- ◆ Spray repellent onto your hands to apply to a child's face. Don't use repellent on babies younger than 2 months old.
- ◆ Do not use OLE on children under 3.

## 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

Many people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:

