

# 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.



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



For more information:  
[www.cdc.gov/zika](http://www.cdc.gov/zika)