

Fight the Bite

When At Home



Your best protection against Zika Virus is to avoid mosquito bites

Wear insect repellent



Yes! It is safe. When used as directed, insect repellent is the BEST way to protect yourself from mosquito bites - even children and pregnant women should protect themselves. Higher percentages of active ingredient provide longer lasting protection.

DEET: Products containing DEET include Cutter, OFF!, Skintastic.

Picaridin (also known as KBR 3023, Bayrepel, and icaridin): Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan outside the United States.

Oil of lemon eucalyptus (OLE) or PMD: Repel contains **OLE**.

IR3535: Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart.

If you have a baby or child



- Always follow product instructions when applying insect repellent to children.
- 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.
- Do not use insect repellent on babies younger than two months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers, or baby carriers with mosquito netting.

Cover up with clothing



- Wear long-sleeved shirts and long pants. Mosquitoes can bite through thin clothing.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear - follow product instructions closely. Permethrin is an insecticide that kills mosquitoes and other insects.
- Read product information to find out how long the permethrin will last. Do not use permethrin products directly on skin.

Keep mosquitoes outside



- Use air conditioning.
- Make sure that you repair and use window/door screens.

Stop mosquitoes from breeding

At home:

Mosquitoes breed by laying eggs in & near standing water. As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply. Get rid of things that could collect standing water.

In your garden:

Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves - flush out water-holding plants with your hose once a week.

Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water: tires, buckets, toys, pools and pool covers, birdbaths, trash, trash containers and recycling bins, boat or car covers, roof gutters, coolers, and pet dishes.

