

# Have a happy and healthy Spring Break:



## Protect your family from Zika!

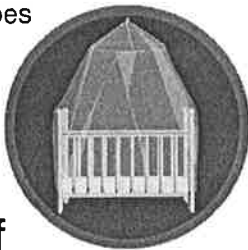
Zika is a disease primarily spread by mosquitoes, but a man with Zika can spread it to his sex partners as well.

## Know before you go

Learn about Zika at [cdc.gov/zika](http://cdc.gov/zika). Find out if your destination has Zika, check the CDC Travelers' Health site for current travel notices: [cdc.gov/travel](http://cdc.gov/travel)

## Pack to prevent

- ◆ Insect repellent (Look for these ingredients: **DEET, picaridin, IR3535, OLE, or PMD.**)
- ◆ Long-sleeved shirts and long pants
- ◆ Clothing and gear treated with permethrin
- ◆ Infant carrier mosquito net (if needed)
- ◆ Bed net (if mosquitoes can get to where you're sleeping)
- ◆ Condoms (if you might have sex)



## Protect yourself

- ◆ Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- ◆ Cover exposed skin when possible.
- ◆ Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
- ◆ Zika can also be spread through sex, so use latex condoms if you have sex.



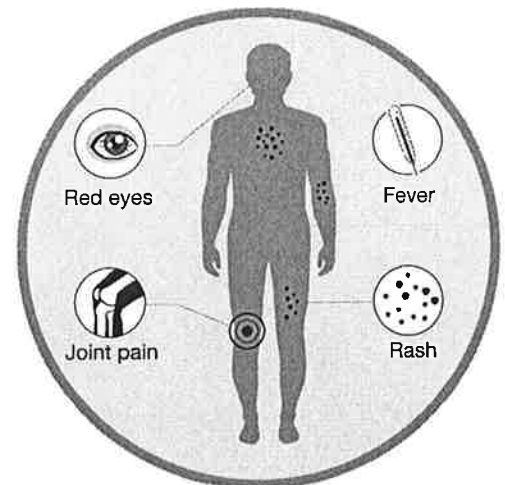
## STOP the spread

- ◆ Watch for symptoms after you get home.
- ◆ Call your doctor immediately if you suspect Zika.
- ◆ Use insect repellent for 3 weeks after travel.
- ◆ Use condoms when you have sex.

## Zika symptoms

Most 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:

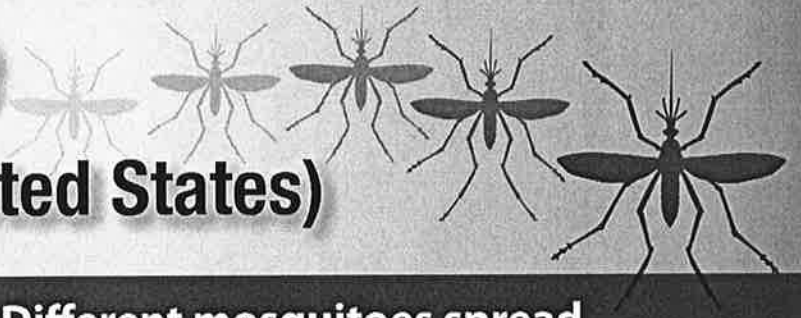


## Pregnant? Trying to conceive?

Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms or don't have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.



# Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

## Type of Mosquito

## Viruses spread

## Biting habits



*Aedes aegypti*,  
*Aedes albopictus*

Chikungunya,  
Dengue, Zika

Primarily daytime, but  
can also bite at night



*Culex* species

West Nile

Evening to morning

## 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**, also known as **KBR 3023**, **Bayrepel**, and **icaridin**

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

**IR3535**



#### Some brand name examples\*

Off!, Cutter, Sawyer, Ultrathon

Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)

Repel

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.



## Protect yourself and your family from mosquito bites (continued)



- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Natural insect repellents (repellents not registered with EPA)

- ◆ The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- ◆ To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- ◆ When used as directed, EPA-registered insect repellents are proven safe and effective.
- ◆ For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

## If you have a baby or child



- ◆ Always follow instructions when applying insect repellent to children.
- ◆ Do not use insect repellent on babies younger than 2 months of age.
- ◆ Dress your child in clothing that covers arms and legs, or
  - ◆ Cover crib, stroller, and baby carrier with mosquito netting.
- ◆ Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.
- ◆ Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

## Treat clothing and gear



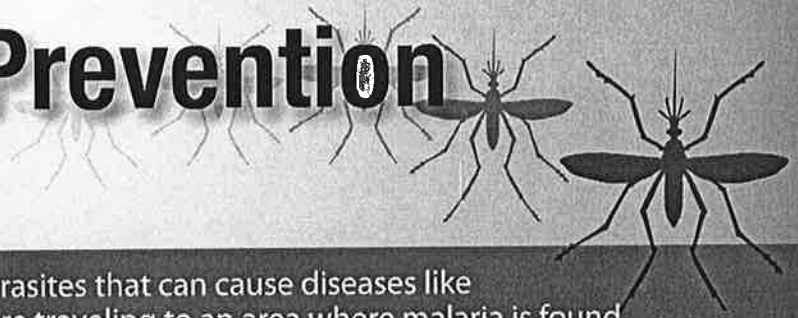
- ◆ Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

## Mosquito-proof your home



- ◆ Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- ◆ Use air conditioning when available.
- ◆ Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

# Mosquito Bite Prevention for Travelers



Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

**Protect yourself and your family from mosquito bites. Here's how:**

## Keep mosquitoes out of your hotel room or lodging

- ◆ Choose a hotel or lodging with air conditioning or screens on windows and doors.
- ◆ Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night.
  - » Buy a bed net at your local outdoor store or online before traveling overseas.
  - » Choose a WHOPEs-approved bed net (like Pramax\*): compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
  - » Permethrin-treated bed nets provide more protection than untreated nets.
    - Permethrin is an insecticide that kills mosquitoes and other insects.
    - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.
  - » For more information on bed nets: [www.cdc.gov/malaria/malaria\\_worldwide/reduction/itn.html](http://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html)



## Cover up!

- ◆ Wear long-sleeved shirts and long pants.
- ◆ Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.



## Use only an EPA-registered insect repellent

- ◆ When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.
- ◆ Consider bringing insect repellent with you.
- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent as directed.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.
- ◆ The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- ◆ To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- ◆ For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)



## Use an insect repellent with one of the following active ingredients:

### Active ingredient

Higher percentages of active ingredient provide longer protection



### Some brand name examples\*

(Insect repellents may be sold under different brand names overseas.)

DEET

Off!, Cutter, Sawyer, Ultrathon

**Picaridin**, also known as **KBR 3023**, **Bayrepel**, and **icaridin**

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



## If you are travelling with a baby or child:



- ◆ Always follow instructions when applying insect repellent to children.
- ◆ Do not use insect repellent on babies younger than 2 months of age.
- ◆ Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
  - » Adults: 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 products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

## Treat clothing and gear



- ◆ Use permethrin to treat clothing and gear (such as boots, pants, socks, tents) or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- ◆ If treating items yourself, always follow the product instructions.
- ◆ Do **not** use permethrin products directly on skin.

\* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)