CDC's Response to **Zika**

Stop mosquito bites. Don't stop outdoor activities.

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

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

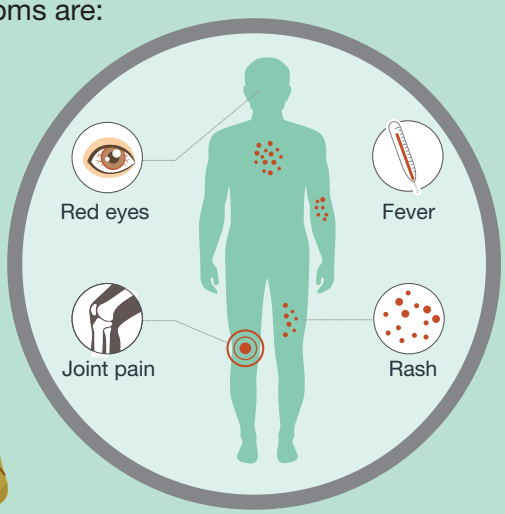
If you have been in an area with Zika

- 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:



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www.cdc.gov/zika

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