

# HOW TO PROTECT AGAINST MOSQUITO BITES



**Zika virus is spread to people mainly through the bite of an infected mosquito. Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night. The best way to prevent Zika is to protect yourself from mosquito bites.**

## Use insect repellent

Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Always follow the product label instructions.



- When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

## If you have a baby or child

- 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 younger than 3 years old.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and any cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.



## Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

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

2-undecanone



Find the insect repellent that's right for you by using [EPA's search tool\\*](#).

\* The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)



