

Fight the Bite

While On Vacation



Your best protection against Zika Virus is to avoid mosquito bites



Be aware where Zika is active

Check the CDC's most recent travel alerts at www.cdc.gov/travel.



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.



Use hats with screens or head nets whenever possible



Use mosquito nets on beds whenever possible



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.

This information was provided by the Centers For Disease Control and Prevention