## 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: <a href="https://www.cdc.gov/zika/geo">www.cdc.gov/zika/geo</a>

### 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

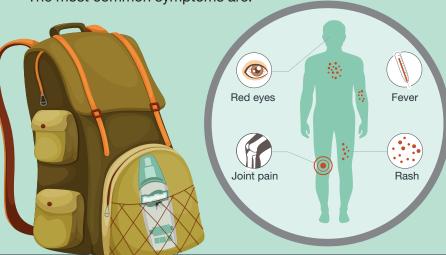
- Watch for symptoms.
  Call your doctor immediately if you get sick.
- If you've been in an area with Zika, use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.



### 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:





June 10, 20