



Traveling to Mexico, Central America, or South America?  
Protect yourself against the **Zika** virus by using mosquito precautions!

 Reported active transmission

### Mosquito Precautions:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or with tight window and door screens to keep mosquitoes outside. You may need a mosquito bed net if you are unable to keep mosquitoes out of your sleeping area



Use **DEET 30-35%** or **picardin  $\geq$  20%** (also known as KBR3023) insect repellents. When used as directed, these insect repellents are proven safe and effective, (even for pregnant and breast-feeding women):

- 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

*before* applying insect repellent.



- Treat clothing and gear with

**permethrin** or purchase pre-treated clothing

- Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

