

## HOW TO PREVENT ZIKA

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.

### Clothing

- Wear long-sleeved shirts and long pants.
- Treat your clothing and gear with permethrin or buy pre-treated items.

### Insect repellent

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) externally 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 pregnant and breastfeeding women.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.

### At Home

- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

### Sexual transmission

- Prevent sexual transmission of Zika by using condoms or not having sex.

## WHAT TO DO IF YOU HAVE ZIKA

There is no specific medicine or vaccine for Zika virus.

Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.