Mosquito Bite Prevention for Travelers

Mosquitoes spread many types of viruses and parasites that can cause diseases including chikungunya, dengue, Zika, and malaria.

Protect yourself and your family from mosquito bites. Here's how:

Cover up!

Wear long sleeved shirts and pants.

Use an EPA-registered insect repellent.

Follow the label instructions carefully.

If you are travelling with a baby or child:

Do not use insect repellent on babies younger than 2 months of age.

Dress children in clothing that covers arms and legs.

Keep mosquitoes out of your hotel room or lodging.

Look for air conditioning or screens on windows and doors.

Pregnant women should not travel to Zika areas.
If you *must* travel, take extra precautions.

Learn more:

Zika Virus	https://www.health.ny.gov/diseases/zika_virus/
Mosquitoes and Disease	http://www.health.ny.gov/diseases/west_nile_virus/
Zika Information Line	1-888-364-4723

NEW YORK STATE | Department of Health