

# 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/](https://www.health.ny.gov/diseases/zika_virus/)  
**Mosquitoes and Disease** [http://www.health.ny.gov/diseases/west\\_nile\\_virus/](http://www.health.ny.gov/diseases/west_nile_virus/)  
**Zika Information Line** 1-888-364-4723



**Department  
of Health**