



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

All Countries and Territories with Active Zika Virus Transmission



Americas

Aruba
Barbados
Bolivia
Bonaire
Brazil
Colombia
Commonwealth of
Puerto Rico, US territory
Costa Rica
Curacao
Dominican Republic

Ecuador
El Salvador
French Guiana
Guadeloupe
Guatemala
Guyana
Haiti
Honduras
Jamaica
Martinique
Mexico

Nicaragua
Panama
Paraguay
Saint Martin
Saint Vincent and the
Grenadines
Sint Maarten
Suriname
Trinidad and Tobago
U.S. Virgin Islands
Venezuela

Oceania/Pacific Islands

American Samoa
Marshall Islands
Samoa
Tonga

Africa

Cape Verde