#FIGHTTHEBITE

**DRESS AND DEFEND**

To protect your kids against mosquito bites that can cause diseases like Zika, West Nile and Dengue, follow these tips:

**Use Mosquito Net**
- Cover crib, strollers, and baby carriers with mosquito netting

**Use Insect Repellent**
- Apply to child before they go outside and reapply every few hours

  Adults: Spray on hands and then apply to child. Do not spray onto child’s hands, eyes, mouth, or irritated skin

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

**Cover Up**
- Dress your child in light colored clothing that covers their arms and legs

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