



**#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