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: health.ny.gov/diseases/zika_virus
- Mosquitoes and Disease: health.ny.gov/diseases/west_nile_virus
- Zika Information Line: 1-888-364-4723
- Cornell Travel Registry: travelregistry.cornell.edu
- Gannett Health Services: gannett.cornell.edu; (607-255-5155)

Search “Zika” at gannett.cornell.edu for the info most relevant to Cornellians

2/18/16