

## Recommended Actions for Protection from Zika

### What you should know:

- There is no vaccine to prevent Zika, and there is no specific treatment for infected individuals.
- Zika is generally spread by the bites of infected mosquitoes.
- Exposure to an infected person's blood or other body fluids may result in transmission.
- Eliminate sources of standing water to reduce or eliminate mosquito breeding areas.

### Recommended actions:

- Use insect repellents according to the guidance below.
- Wear clothing that covers hands, arms, legs, and other exposed skin. Wear socks that cover the ankles and lower legs.
- Wear lightweight, loose-fitting clothing. This type of clothing provides a barrier to mosquitoes.
- Eliminate sources of standing water (e.g., tires, buckets, cans, bottles, barrels)
- Talk to your supervisor(s) about any outdoor work assignment(s) if you are or may become pregnant, or for males, if your sexual partner is or may become pregnant.
- If symptoms develop, seek medical attention promptly. Discuss any possible exposure to mosquitoes or infections spread by mosquitoes with a healthcare provider.

### Guidance on use of insect repellents:

- ***Always follow label precautions when using insect repellent.***
- Use insect repellent containing an [EPA-registered active ingredient](#). Research suggests that repellents containing DEET typically provide longer-lasting protection, and oil of lemon eucalyptus provides longer-lasting protection than other plant-based repellents. In general, the more active ingredient (higher concentration) a repellent contains, the longer it will protect against mosquito bites.
- Products that combine sunscreen and repellent are not recommended. Use separate products, applying sunscreen first and then applying the repellent.