**Fight the Bite with DEET!**

**Keeping Safe From Zika While Pregnant**

**The Zika Virus**
- Women can spread Zika to their babies during pregnancy and birth, putting the baby at risk for:
  - Birth Defects
  - Death
  - Growth Restrictions
  - Hearing/Eyesight Loss
  - Microcephaly and Other Brain Deformities

**DEET Insect Repellent**
- Insect repellents that contain DEET are recommended for use for protection against mosquito bites that could transmit Zika.
- Products with DEET have few associated side effects that can be avoided by choosing the correct concentration and proper use.

**Personal repellents are central to protection.**

**Tips for using insect repellents safely:**

**DO**
- Choose products with a maximum concentration of 30% DEET. Higher concentrations do not provide more protection.
- Wear long sleeved shirts and long pants so DEET can be applied sparingly.
- Follow all directions on the product label and only apply to exposed skin.
- Apply DEET to your face by first spraying on your hands and then rubbing on face.
- Wash hands with soap and water after applying DEET and before eating.
- Apply sunscreen first, then DEET.

**DON’T**
- Apply DEET to eyes, mouth, cuts, or irritated skin.
- Spray DEET directly onto face.
- Apply DEET indoors.
- Spray outdoors only.
- Apply DEET on the skin under clothing.
- Use combined products that contain DEET and sunscreen.

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