

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.

30%

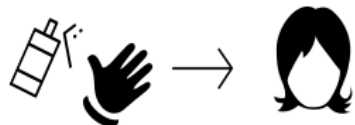
DO wear long sleeved shirts and long pants so DEET can be applied sparingly.



DO follow all directions on the product label and only apply to exposed skin.



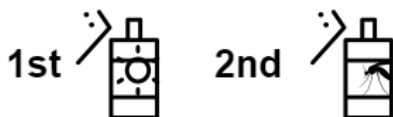
DO apply DEET to your face by first spraying on your hands and then rubbing on face



DO wash hands with soap and water after applying DEET and before eating.



DO apply sunscreen first, then DEET.



DON'T apply DEET to eyes, mouth, cuts, or irritated skin.



DON'T spray DEET directly onto face.



DON'T apply DEET indoors.



DON'T apply DEET on the skin under clothing.



DON'T use combined products that contain DEET and sunscreen.



This guide was produced by Region 1 and Region 2 PEHSU from the article "Insect Repellents During Pregnancy in the era of the Zika Virus" published by Wylie, Blair J. MD, MPH; Hauptman, Marissa MD, MPH; Woolf, Alan D. MD, MPH; and Goldman, Rose H. MD, MPH in Obstetrics and Gynecology, August 19th, 2016 (doi: 10.1097/AOG.0000000000001685).

The Pediatric Environmental Health Unit is supported by the American Academy of Pediatrics (AAP) and funded (in part) by the cooperative agreement FA1N: 1U61TS000237-02 from the Agency for Toxic Substances and Disease Registry (ATSDR).

Acknowledgement: The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.



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