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](https://www.health.ny.gov/diseases/zika_virus/)
- [Mosquitoes and Disease](http://www.health.ny.gov/diseases/west_nile_virus/)
- [Zika Information Line](1-888-364-4723)