

# Zika virus safety tips for kids and parents

The Zika virus is spread through mosquito bites. Take precautions to protect yourself and your family this summer.



Do not use insect repellent on babies younger than 2 months of age.



Cover crib, stroller and baby carrier with mosquito netting.



Remember to apply sunscreen before applying insect repellent.



Cover yourself and your child with long-sleeved shirts, pants and hats.

Visit [cdc.gov/travel](https://www.cdc.gov/travel) to learn how to protect yourself and your children if you plan to travel.

If you are a pregnant woman who has traveled outside the country to an area with Zika, talk to your doctor about being tested.