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:
- Mosquitoes and Disease: [health.ny.gov/diseases/west_nile_virus](http://health.ny.gov/diseases/west_nile_virus)
- Zika Information Line: 1-888-364-4723
- Cornell Travel Registry: travelregistry.cornell.edu
- Cornell Health: health.cornell.edu; 607-255-5155

Search “Zika” at [health.cornell.edu](http://health.cornell.edu) for info most relevant to Cornellians

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