



EWG'S ADVICE FOR ZIKA PROTECTION

As the Zika crisis bears down, EWG's advice to Americans, especially to women who are pregnant or may become pregnant, is, **cover up, pay careful attention to the travel notices posed by the U.S. Centers for Disease Control and Prevention, and use bug repellents** most likely to drive away Aedes species mosquitoes, suspected as the primary carriers of the Zika virus.

Scientists have generally found bug repellents to be safe for pregnant women and their unborn children. **The risk of Zika infection is far more serious than side effects from repellent chemicals, provided you use products as directed.**



CHOOSE A REPELLENT WITH:



Picaridin
(20% concentration)

IR3535
(20% concentration)

DEET
(20–30% concentration)

These repellents offer strong protection from the Aedes mosquito for at least four hours in laboratory conditions. Reapply after swimming and sweating.

Some essential oils may work for a short period of time. But others are ineffective against Aedes mosquitoes. Due to the serious risks posed by Zika, we do not recommend blends of essential oils for people at risk of mosquito-borne infection.

OTHER THINGS TO CONSIDER

Don't travel to places where Zika cases are being reported if possible. Check the CDC website for travel notices and updated information on Zika.

No repellent is 100 percent effective, so take extra precautions to avoid mosquito bites.

Cover up with pants and long sleeves when possible, especially when you need protection from sun and mosquitoes.

Wash your hands after applying repellent; wash repellent-coated skin at the end of the day.

Zika can be transmitted through sexual contact. The CDC says it stays in longer in the sperm of infected men than in their blood. If your partner could be infected, use protection.

If you need both sun and mosquito protection, the CDC recommends buying two separate products and applying sunscreen first and then mosquito repellent.