

The Virgin Islands Consortium

Here Are Some Zika-Fighting Easter Tips From D.O.H.

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ST. CROIX -- The Virgin Islands Department of Health is urging the territory's residents to take precautions to prevent mosquito bites while camping over the holiday weekend.

They're below:

- Pack clothing that covers as much of the body as possible, such as long-sleeved shirts and long pants.
- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women. See [CDC's website](#) for a table of recommended active

ingredients and their common names. Reapply insect repellent as directed on the product label, and do not spray repellent on the skin under clothing.

- Don't forget your sunscreen! Apply sunscreen before applying insect repellent.
- Treat your clothing and gear such as boots, pants, socks, sleeping bags and tents, with permethrin or buy permethrin-treated items. If treating items yourself, follow the product instructions carefully. Do not use permethrin products directly on skin; they are intended to treat clothing. Permethrin can be purchased at the St. Croix Home Depot.
- Sleep under a mosquito bed net.
- Protect your children and babies from mosquito bites. Spray insect repellent onto your hands and then apply to the child's face.
- Do not use insect repellent on babies younger than 2 months of age.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Dress your child in clothing that covers their arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Do your part to keep your campsite clean and dispose of trash in appropriate receptacles to eliminate potential mosquito breeding sources.

For local information about Zika virus, call the Department of Health Emergency Operations Center at (340) 712-6205. For more general information about the Zika virus call toll free: 1-800-CDC-INFO.