

Preventing Mosquito Bites

Fight The Bite!

Avoid Mosquito Bites to Avoid Infection

Take the commonsense steps below to reduce your risk:

- avoid bites and illness;
- clean out the mosquitoes from the places where you work and play;
- help your community control the disease.

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains low. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

Avoid Mosquito Bites

✓ Apply Insect Repellent Containing DEET

(Look for: *N,N-diethyl-meta-toluamide*) to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite.

✓ Clothing Can Help Reduce Mosquito Bites

When possible, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing

✓ Be Aware of Peak Mosquito Hours

The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes. Take Extra Care to use repellent and protective clothing during evening and early morning — or consider avoiding outdoor activities during these times.

Mosquito-Proof Your Home

✓ Drain Standing Water

Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.

✓ Install or Repair Screens

Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

More questions about mosquito control?

A source for information about pesticides and repellents is the National Pesticide Information Center (http://www.bt.cdc.gov/cdclinkdisclaimer.asp?a_gotolink=http://npic.orst.edu/), which also operates a toll-free information line: 1-800-858-7378 (check their Web site for hours).

Clean Up

Mosquito breeding sites can be anywhere. Neighborhood clean up days can be organized by civic or youth organizations to pick up containers from vacant lots and parks, and to encourage people to keep their yards free of standing water. Mosquitoes don't care about fences, so it's important to control breeding sites throughout the neighborhood.

"Recommendations from the Centers for Disease Control and Prevention"

