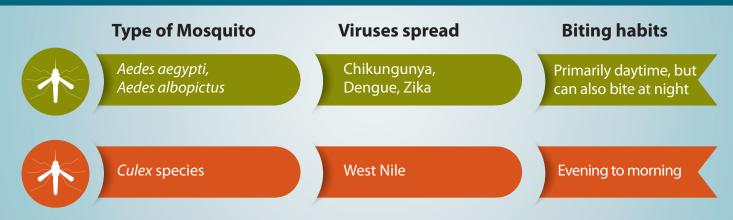
# Mosquito Bite Prevention (United States)

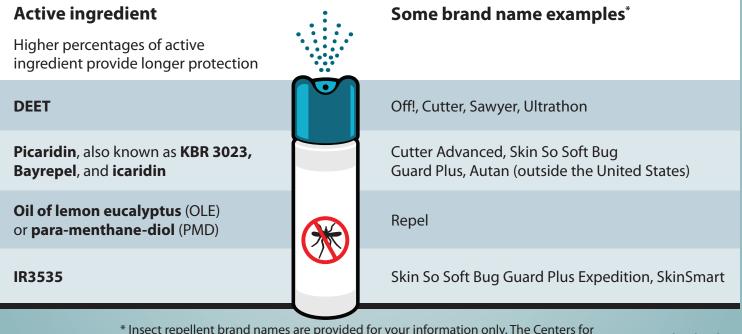
Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.



## Protect yourself and your family from mosquito bites

### **Use insect repellent**

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.





\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



### Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

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Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti or Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of waterfilled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

## Protect Yourself, Your Family, and Community from Mosquitoes



### Eliminate standing water in and around your home:

- **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

#### If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

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### Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.

National Center for Emerging and Zoonotic Infectious Diseases Division of Vector-Borne Diseases



Put plants in soil, not in water



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.



Drain & dump any standing water.



Weekly, scrub vases & containers to remove mosquito eggs.

