



MOSQUITO BITE PROTECTION



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Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Mosquitoes can live indoors and will bite at any time, day or night.



Use Environmental Protection Agency (EPA)-registered insect repellents

Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellents if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS

BRAND EXAMPLES*
Overseas brand names may vary.

DEET →→

Off!, Cutter, Sawyer, Ultrathon

Picaridin (KBR 3023), Bayrepel and icaridin →→

Skin So Soft Bug Guard Plus

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) →→

Repel

IR3535 →→

Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient=longer protection

If you have a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.



Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.



Use permethrin-treated clothing and gear.

- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

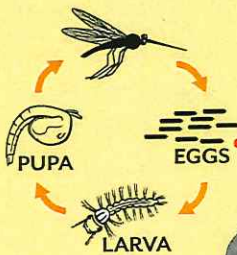
www.cdc.gov/features/StopMosquitoes

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

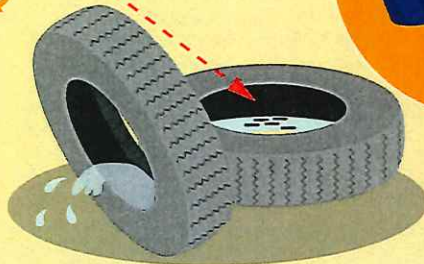
Keep mosquitoes **outside**



Stop mosquitoes from **breeding**



Mosquitoes breed by laying eggs in and near standing water.



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.



Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water:

- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes

At your house or business:

Put away items that are outside and not being used because they could hold standing water.



In your garden:

Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.

