

MOSQUITO PRECAUTIONS

By taking a few common-sense precautions you can help to protect yourself and your loved ones:

Avoid Mosquito Bites

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** or **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

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 either draining or getting rid of items that hold water; check especially after heavy rains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently. Check rain gutters and drains.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

The Central Mass Mosquito Project monitors mosquito activity in the area. Complaints about mosquitoes may be registered by calling the CMMPC office at 508-393-3055 or by visiting their web site <http://ww.cmmcp.org>

Information about EEE and WNV and reports of activity in Massachusetts can be found on the Arbovirus Surveillance Information web page at the Massachusetts Department of Public Health website <http://www.mass.gov/dph/wnv> or by calling the Epidemiology Program at 617-983-6800.