

## Avoid Mosquito Bites

- ✔ Use insect repellent when outdoors.
  - DEET is the “gold-standard” for mosquito repellents. Choose the proper percent of DEET for the amount of time you will be spending outdoors. The higher the concentration, the longer the protection. **Follow all directions carefully.**
  - Do not apply to eyes, mouth, or broken skin (cuts, scrapes, etc.).
  - Do not apply to skin that is covered with clothing.
  - Avoid using products that combine sunscreen with insect repellent. Apply separate products.
  - Do not use products that contain permethrin on skin. Spray onto clothing only. Permethrin can also be sprayed on gear such as hats, tents and sleeping bags.

Note: DEET and other repellents can be used on children older than two months of age. Apply repellent to your hands and then rub onto children. Oil of lemon eucalyptus should not be used on children younger than three years of age.

- ✔ Wear light-colored clothes with long sleeves and long pants. Mosquitoes are more attracted to dark-colored clothes.
- ✔ Limit time outdoors when mosquitoes are most active (during dusk and dawn).
- ✔ Use mosquito netting on infant carriers and strollers while outdoors.

## Mosquito-Proof Your Home

- ✔ Drain standing water.
  - Clean out gutters and drains.
  - Dispose of old tires. Drill holes in tire swings.
  - Drain standing water from pool covers. Make sure pool covers are pulled tight. Keep pools chlorinated. Flip over plastic children’s pools when not in use.
  - Drain or change water every four days in containers such as pet dishes, flower pots, wheelbarrows, birdbaths, decorative pools and rain barrels. Decorative pools and rain barrels can be stocked with a special type of fish that feed on mosquito larvae.
  - Cover garbage and recycling containers. Remove any loose garbage from your yard such as bottle caps, pie plates, food containers, etc.
  - Check swing sets, lawn furniture and decorations, toys, etc. for standing water.
- ✔ Install or repair window screens.
- ✔ Call your county mosquito control agency at 1-888-NO NJ WNV for more information on mosquito control activities in your neighborhood, or to report mosquito problems in your yard.