

# Mosquito Bite Prevention

## *Why do we care about mosquitoes?*

Almost everyone has been bitten by a mosquito. While most are harmless, some can carry germs and serious infections like West Nile Virus, Zika, dengue, and malaria.



## *What can I do to prevent mosquito bites?*

- Apply an Environmental Protection Agency (EPA) registered insect repellent, such as those with 10-30% DEET, to skin and clothing.
- Wear long sleeves and trousers when outside, especially in the evening hours.
- Cover strollers and baby carriers with mosquito netting.
- Keep windows and doors shut and use air conditioning when possible.
- Use, install, or repair window and door screens.

## *What can I do to keep mosquitoes from breeding?*

Anywhere water collects could potentially be a breeding ground for mosquitoes. Prevent mosquitoes from laying eggs by removing standing water from around your home:

- Drain outside plant saucers and watering trays every few days.
- Change water in pet bowls, birdbaths, and wading pools often.
- Flatten or puncture empty cans.
- Cover garbage pails and recycling bins.
- Turn buckets, wheelbarrows, toys, and any outside containers upside down.
- Dispose of old tires that may collect water.
- Open clogged roof gutters and drain flat roofs.
- Empty water from stored boats and cover with a tarp.
- Shake out tarps that collect water after it rains.
- Repair leaking outdoor faucets.

*For more information, go to:* [www.cdc.gov/mosquitoes](http://www.cdc.gov/mosquitoes)



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