



# Protect Yourself from Mosquitoes



## Why Should I Protect Myself?

Mosquitoes can spread viruses that cause serious diseases. In Bristol County, we are most concerned with Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV).

NOTE: \*\*\* Children, seniors, and people with compromised immune systems are most at risk for contracting EEE and WNV.

## Types of Repellants

The CDC recommends using products that contain DEET, Permethrin, Picaridin, or Oil of Lemon Eucalyptus.

- DEET should not be used on infants. Children should use products with 30% or less concentrations of DEET. Products with concentrations higher than 30% do not give much additional protection but do last longer.
- Permethrin products are intended for use on items such as clothing, shoes, bed nets, and camping gear. They should not be applied on skin.
- Oil of Lemon Eucalyptus should not be used on children under the age of three.

**\*\*\* BE SURE TO READ AND FOLLOW THE INSTRUCTIONS ON THE LABEL OF ANY INSECT REPELLANT THAT YOU APPLY!**

## When Applying Repellants

- Parents should apply repellent on their own hands and then smooth it on child's skin.
- Do not apply repellants to a child's mouth, eyes, hands, or over any wounds, cuts or irritated skin.
- Apply to all exposed skin as directed by the product label.
- After your outdoor activity, wash repellent-treated skin with soap and water.
- Always keep repellants out of the reach of children.
- Do not over apply or saturate skin.
- Do not apply to skin under clothing.



## How to Avoid Bites

- Wear light-colored clothing (mosquitoes are attracted to dark colors) and long-sleeved shirts and long pants when outdoors between dusk and dawn.
- Use mosquito netting on baby carriages, strollers and playpens for extra protection.
- Avoid outdoor activity between dusk and dawn when mosquitoes are most active.

For more information, please visit our website at: [www.BristolCountyMosquitoControl.com](http://www.BristolCountyMosquitoControl.com)

(508) 823-5253

