Mosquito Bite Prevention

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

<table>
<thead>
<tr>
<th>Types of Mosquito</th>
<th>Viruses spread</th>
<th>Biting habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, aedes albopictus</td>
<td>Zika, chikungunya, dengue</td>
<td>Primarily daytime, but can also bite at night</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Evening to morning</td>
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<tr>
<td>Aedes triseriatus</td>
<td>La Crosse encephalitis</td>
<td>Daytime</td>
</tr>
</tbody>
</table>

Protect yourself and your family from mosquito bites

1. Use insect repellent
   - Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the active ingredients listed below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.
   - Always follow product label instructions.
   - Reapply insect repellent every few hours, depending on which product and strength you choose.
   - Do not spray repellent on the skin under clothing.
   - If you are also using sunscreen, apply sunscreen first and insect repellent second.
   - For more information go to www.2.epa.gov/insect-repellents.

2. Protect your child
   - Always follow insect repellent instructions.
   - Do not use insect repellent on babies younger than 2 months old.
   - Do not use products containing oil of lemon eucalyptus or para-methane-diol on children younger than 3 years old.
   - Dress your child in clothing that covers arms and legs. Use netting over stroller.
   - Do not apply insect repellent onto a child’s hands, eyes, mouth, or cut or irritated skin.
   - Adults should spray insect repellent onto their hands and then apply to a child’s face.

   Help control mosquitoes that spread dengue, chikungunya and Zika viruses

   Mosquito-proof your home
   - Use screens on windows and doors.
   - Repair holes in screens to keep mosquitoes outside.
   - Use air conditioning when available.

   For more information, visit:
   - www.cdc.gov/dengue
   - www.cdc.gov/chikungunya
   - www.cdc.gov/zika
   - www.cdc.gov/features/StopMosquitoes

3. Protect yourself, your family and your community from mosquitoes
   - Eliminate standing water in and around your home.
   - Once a week, empty and scrub, turn over, cover or throw out items that hold water, such as tires, buckets, planters, toys, pools, bird baths, flowerpots and trash containers. Check inside and outside your home.
   - Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
   - For containers without lids, use wire mesh with holes smaller than an adult mosquito.

   Knox County Health Department