

Mosquito Bite Prevention



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



Types of Mosquito

Aedes aegypti, *aedes albopictus*
Culex species
Aedes triseriatus

Viruses spread

Zika, chikungunya, dengue
 West Nile
 La Crosse encephalitis

Biting habits

Primarily daytime, but can also bite at night
 Evening to morning
 Daytime

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 www2.epa.gov/insect-repellents.

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-menthane-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

2 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

Repellent active ingredients

Higher percentages of active ingredient provide longer protection

DEET

Picaridin, also known as **KBR 3023**, **Bayrepel** and **Icaridin**

Oil of lemon eucalyptus (OLE) or **para-menthane-diol (PMD)**

IR3535



Name-brand examples*

Off!, Cutter, Sawyer, Ultrathon

Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside of U.S.)

Repel

Skin So Soft Bug Guard Plus Expedition, SkinSmart



*Insect repellent brand names are provided for information only. The Centers for Disease Control and Prevention, the U.S. Department of Health and Human Services, and the Knox County Health Department cannot recommend or endorse any name-brand products.



Drain and dump standing water.



Replace water in bird baths each week.

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, birdbaths, 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.



Keep rain barrels covered tightly.



Recycle old tires or keep them out of the rain.



Put plants in soil, not water.



Drain water from pools when not in use.

Knox County Health Department
 Every Person. A Healthy Person.

