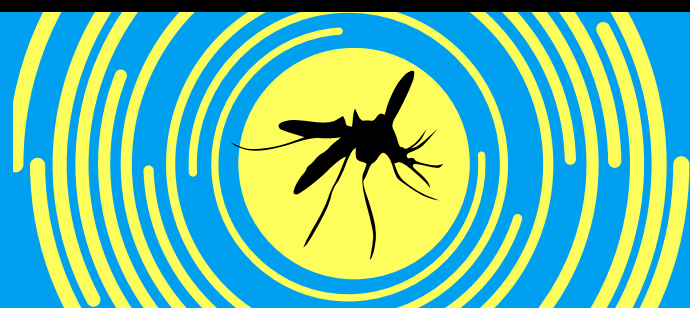


# MOSQUITO BITE PREVENTION

## HOW TO PROTECT AGAINST MOSQUITO BITES.



Mosquitoes bite during the day and night. They live indoors and outdoors. The most effective way to avoid getting sick from viruses spread by mosquitoes when at home and during travel is to prevent mosquito bites. **IT'S NOT JUST A BITE.** Learn more about how to protect yourself and loved ones from mosquito bites.

## WAYS TO PREVENT MOSQUITO BITES.

### USE INSECT REPELLENT



- Use Environmental Protection Agency (EPA)-registered insect repellents with at least one of the active ingredients listed below.
- Always follow product label instructions.
- Reapply insect repellent as directed.
  - **Do Not** spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

### WEAR THE RIGHT GEAR



- Wear long-sleeved shirts and pants.
- Treat items such as boots, pants, socks, and tents with permethrin or buy permethrin-treated clothing and gear.
  - Permethrin is an insecticide that kills or repels mosquitos.
  - Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions.
- **Do Not** use permethrin products directly on skin.

### EPA-Registered Active Ingredients

Higher percentage of active ingredients provide longer protection

DEET

Picaridin (known as KBR and icaridin outside the US)

IT3535

Oil of lemon eucalyptus (OLE)

Para-methane-diol (PMD)

2-undecanone



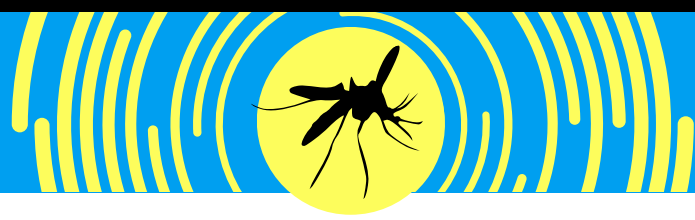
Find the insect repellent that's right for you by using the **EPA's search tool.**



**IT'S NOT  
JUST A BITE.**

JUNE 2023  
V-1.0

INYO-HHS  
PUBLIC HEALTH



## PROTECT BABIES AND CHILDREN

- Always follow instructions when applying insect repellent on children.
- Do not use insect repellent on babies younger than 2 months old.
  - Instead dress your baby in clothing that covers arms and legs.
  - Cover strollers and baby carriers with mosquito netting.
- **Do Not** use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children younger than 3 years old.
- **Do Not** apply insect repellent onto a child's hands, eyes, mouth, cuts, or irritated skin.
  - Adults: spray insect repellent onto your hands and then apply to a child's face.



## CONTROL MOSQUITOS INDOORS

- Keep windows and doors shut and use air conditioning if possible.
- Use, install, or repair window and door screens.
- **Once a week**, empty or throw out any items that hold water like vases and flowerpot saucers.
- Use an indoor insect fogger or indoor insect spray to kill mosquitos and treat areas where they rest. These products work immediately, but may need to be reapplied. Always follow label instructions.

## CONTROL MOSQUITOS OUTDOORS

- **Once a week**, empty or throw out any items that hold water like vases and flowerpot saucers.
- Tightly cover water storage containers (buckets, rain barrels, etc.)
- For containers without lids, use mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Use an outdoor insect spray in dark humid areas where mosquitos rest, like under patio furniture or in the garage. Always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover vent or plumbing pipe opening using mesh with holes smaller than an adult mosquito.



**LEARN MORE:**

[www.cdc.gov/mosquitoes](http://www.cdc.gov/mosquitoes)



**IT'S NOT  
JUST A BITE.**