Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue, and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Use Environmental Protection Agency (EPA)-registered insect repellents

Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.
- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellants if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.

If you have a baby or child:
- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child’s face.
- Do not apply insect repellent to a child’s hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.

Cover up with clothing
- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.

Use permethrin-treated clothing and gear.
- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

Higher percentages of active ingredient=longer protection

USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS

DEET
Off!, Cutter, Sawyer, Ultrathon
Picaridin (KBR 3023), Bayrepel and icariin
Skin So Soft Bug Guard Plus, Autan (outside the U.S.)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
Repel
IR3535
Skin So Soft Bug Guard Plus Expedition, Skin Smart

www.cdc.gov/features/StopMosquitoes

*The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.
Keep mosquitoes outside

- Use the air conditioner.
- Repair holes in screens.
- Keep screens on all windows.
- Keep doors and windows shut.

Stop mosquitoes from breeding

- Mosquitoes breed by laying eggs in & near standing water.
- As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

Around all buildings:
At least once a week, empty, turn over or cover anything that could hold water:
- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes

At your house or business:
- Put away items that are outside and not being used because they could hold standing water.

In your garden:
- Keep flower pots and saucers free of standing water. Some plants hold water in their leaves—flush out water-holding plants with your hose once a week.

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