

- Use only products made for humans on humans.
- Use only products made for pets or other animals on pets or other animals.

## Mosquito-Proofing Your Home

Mosquitoes lay their eggs in any standing water available. Mosquitoes that carry West Nile Virus do not come from rice fields, swamps or other large bodies of water, nor do they lay their eggs in running or flowing water. It takes only a few days for an egg to grow into an adult mosquito, which can live for several weeks. During that time, an adult female mosquito can lay many eggs.

Don't give mosquitoes a place to breed.

- Remove standing water in old tires, buckets, garbage cans, soda cans or any other containers.
- Clean out gutters and unblock drainage ditches. Check flat roofs that may have poor drainage.
- Cover barrels and trash containers tightly with a lid or with a fine mesh screening material.
- Empty water in plant pots and plastic wading pools at least once a week. Turn over or store indoors when not in use.
- Check tarps on boats, grills and other equipment that may collect water.



- Change water in bird baths and pets' water bowls at least twice a week.
- Fill in tree holes and hollow stumps that hold water.
- Drill holes in tires used on playgrounds to allow them to drain.
- Treat standing water with products that kill mosquito larvae. These are available at home improvement stores and garden centers.

For more information, see the CDC's guidelines: [http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect\\_repellent.htm](http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm) or EPA guidelines: <http://cfpub.epa.gov/oppref/insect/> or contact your local county health unit.



Arkansas Department of Health  
Keeping Your Hometown Healthy

[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

# Mosquito Bite Prevention



*Here's what you can  
do to help protect  
your family....*



Arkansas Department of Health  
Keeping Your Hometown Healthy



## Prevent Exposure To Mosquitoes

The best way to prevent diseases from mosquitoes is to avoid mosquito bites.

- Tuck shirts into pants and pants into socks to cover gaps in your clothing where mosquitoes can get to your skin.
- Wear long sleeves and long pants in areas with lots of mosquitoes.
- Stay indoors at sunrise, sunset and early in the evening when mosquitoes are most active.
- Replace your outdoor light bulbs with yellow “bug” lights to attract fewer mosquitoes.
- Make sure all windows and doors have screens in good repair.



## Insect Repellents Available

Of the active ingredients registered with the Environmental Protection Agency (EPA), two have shown to work better and give longer-lasting protection than others:

- DEET
- Picaridin

Products containing these next two active ingredients typically provide reasonably long-lasting protection:

- Oil of Lemon Eucalyptus or PMD
- IR3535

### Protect children

- Read label instructions and be sure the repellent is approved for use on children.
- Do not use mosquito repellents containing oil of lemon eucalyptus on children under three years of age.
- Do not use DEET on children younger than two months old.
- Keep infants indoors or use mosquito netting over carriers when mosquitoes are present.



Certain products that contain permethrin can be used on clothing, shoes, bed nets and camping gear. Permethrin is highly effective as an insecticide and as a repellent. Permethrin-treated clothing repels and kills ticks, mosquitoes and other insects and retains this effect after repeated laundering. Reapply permethrin insecticide according to the label instructions. Some commercial products are available pretreated with permethrin. Do not use permethrin directly on skin.

### Use repellents safely

- Apply just enough repellent to cover exposed skin or clothing. Do not use under clothing.
- Most insect repellents made for humans do not work on lice or fleas.
- Store insect repellents safely out of the reach of children, in a locked utility cabinet or garden shed.
- Do not spray directly into face; spray on hands first and then apply to face. Do not apply near eyes and mouth, and apply sparingly around ears.
- Avoid breathing a spray product.
- Never use repellents over cuts, wounds, or irritated skin.
- Do not spray in enclosed areas or near food.
- Wash treated skin and clothes with soap and water after returning indoors.