



# MOSQUITOES SPREAD GERMS

That can make you sick



## Prevent mosquito bites



**Use insect repellent**

**Wear long-sleeved shirts & long pants.  
Treat clothing and gear with  
permethrin.**



**Keep mosquitoes outdoors**

Control mosquitoes around your home. Once a week, empty and scrub, turn over, cover, or throw out any items that hold water. Use screens on windows and doors.



## Protect yourself and your family from mosquito bites Use insect repellent



Use an Environmental Protection Agency (EPA)- registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

### Active Ingredient

Higher percentages of active ingredient provide longer protection

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- Ir3535
- Oil of lemon eucalyptus (OLE)
- Para-methane-diol (PMD)
- 2-undecanone

The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)



## Prevent mosquito bites



### Insect repellent use

- Reapply as directed.
- Do not spray repellent on the skin under clothing.



### Insect repellent use on children

- Adults: Spray insect repellent onto your hands and then apply to a child's face.

### Do not

- Use products containing oil of lemon eucalyptus (OLE) or para-methane-diol (PMD) on children under 3 years old.
- Apply insect repellent to a child's hands, eyes, mouth, and cut or irritated skin