

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

Viruses spread

Biting habits

Aedes aegypti, *aedes albopictus*

Zika, chikungunya, dengue

Primarily daytime, but can also bite at night

Culex species

West Nile

Evening to morning

Aedes triseriatus

La Crosse encephalitis

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.

Treat clothing and gear

Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.

- Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.

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.

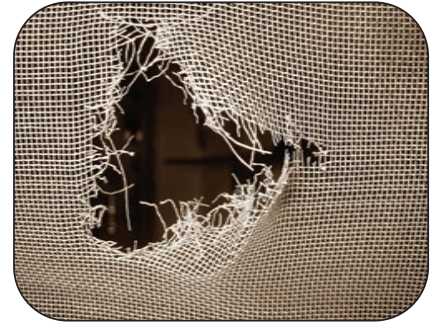
Help control mosquitoes that spread dengue, chikungunya and Zika viruses

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



Replace or repair torn screens.

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.



Put plants in soil, not water.



Keep rain barrels covered tightly.



Replace water in bird baths each week.



Drain water from pools when not in use.



Drain and dump standing water.



Recycle old tires or keep them out of the rain.



**KNOX COUNTY
TENNESSEE**
HEALTH DEPARTMENT



For more information go to www.knoxcounty.org/health/west_nile.php, or call 865-215-5200.