



## Preventing Mosquito Bites



### Overview

Before you spend time outdoors, be aware of the danger of mosquito bites. Some mosquitoes carry harmful viruses and bacteria like the Zika virus, West Nile virus and others. Here's how you can stay safe.

### Insect repellent

Before venturing out, apply insect repellent spray. Use a spray that works against mosquitoes. Follow the label carefully. Take special care when using sprays on children. And remember that it's not safe to use sprays on babies.

### Clothing

Cover skin with long-sleeved shirts, pants and socks. Consider wearing clothes treated to repel mosquitoes. Some clothes are pre-treated. You can also have your own clothes professionally treated. And if you have a child in a stroller, cover the stroller with mosquito netting.

### Keep mosquitoes away from your home

And finally, keep mosquitoes away from your home. Use screens on your windows and doors. Instead of opening windows, use air conditioning. And check your property for sources of standing water. That's where mosquitoes lay eggs. So empty, clean and cover or throw out things like buckets, planters, tires, toys and trash containers that collect water. If you have a bird bath or a fountain, you can treat it with chemicals to kill mosquito eggs. With a little effort and preparation, you can reduce your risk for mosquito bites.