

# Prevention: Steps You Can Take To Reduce Your Risk

Fighting mosquito bites reduces your risk of getting West Nile Virus (WNV), along with other diseases that mosquitoes carry.

## 1. PROTECT YOURSELF AGAINST MOSQUITO BITES

**Use Repellent:** Apply insect repellent to exposed skin when you go outdoors. The U.S. Environmental Agency (EPA) has approved several ingredients for use in repellents that can be applied to skin and clothing. Look for these ingredients on product labels, including:

- ▶ DEET (N,N-diethyl-m-toluamide)
- ▶ Picaridin (KBR 3023)
- ▶ Oil of lemon eucalyptus
- ▶ Permethrin (not for use on skin)



### Always Follow Repellent

**Label Instructions:** Re-apply repellent if you feel mosquitoes starting to bite. Repellents containing DEET and picaridin may be used for adults and children older than two months of age. Oil of lemon eucalyptus may be used for children age three and above. Don't put repellent on children's hands because it may get in their mouth or eyes. And only use permethrin on clothes or camping gear, not directly on your skin.

**Cover Up:** Wear long sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with a repellent will provide extra protection. Do not spray repellent containing DEET on the skin underneath your clothing.



**Avoid Mosquitoes:** Many mosquitoes bite between dusk and dawn. Be especially sure to use repellents and protective clothing or limit your time outdoors during these hours.

**Mosquito-proof Your Home:** Keep mosquitoes outside by fixing or installing window and door screens.

**Let's take action this summer—44%\* of Meriden residents DO NOT take protective measures against West Nile virus!**

\*From 2008 Health Assessment Data

## 2. CLEAN OUT MOSQUITO BREEDING SITES

**Drain Standing Water:** Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.

**Clean Up:** Look around for possible mosquito-breeding places. Be sure to empty water from buckets, cans, pool covers, flowerpots, and other items. Throw away or cover up stored tires or items



that are not being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it is covered up. Encourage your neighbors to do the same.

