

Mosquito Bite Prevention

Why are we concerned about mosquitoes?

Almost everyone has been bitten by a mosquito. Most mosquito bites are harmless, but some can carry germs and serious infections like West Nile Virus, Zika, and dengue, and malaria.



What can I do to prevent mosquito bites?

- Apply an Environmental Protection Agency (EPA) registered insect repellent, such as those with 10-30% DEET to skin and clothing.
- Wear long sleeves and trousers when outside, especially in the evening.
- Cover strollers and baby carriers with mosquito netting.
- Keep windows and doors shut and use air conditioning as much as possible.
- Use, install, or repair window and door screens.

What can I do to keep mosquitoes from breeding?

Anywhere water collects could potentially be a breeding ground for mosquitoes. To prevent mosquitoes from laying eggs, remove standing water from outside your house:

- Drain outside plant saucers and watering trays every few days.
- Change water in pet bowls, birdbaths, and wading pools often.
- Flatten or puncture empty cans.
- Cover garbage pails and recycling bins.
- Turn buckets, wheelbarrows, toys, and any outside containers upside down.
- Dispose of old tires that may collect water.
- Open clogged roof gutters and drain flat roofs.
- Empty water from stored boats and cover with a tarp.
- Shake out tarps that collect water after it rains.
- Repair leaking outdoor faucets.

For more information, go to: www.cdc.gov/mosquitoes



7/23

HealthWhys
A public health message from
BlueRidgeHD.org

Follow us on
Facebook



VDH VIRGINIA
DEPARTMENT
OF HEALTH

Mosquito Bite Prevention

Why are we concerned about mosquitoes?

Almost everyone has been bitten by a mosquito. Most mosquito bites are harmless, but some can carry germs and serious infections like West Nile Virus, Zika, and dengue, and malaria.



What can I do to prevent mosquito bites?

- Apply an Environmental Protection Agency (EPA) registered insect repellent, such as those with 10-30% DEET to skin and clothing.
- Wear long sleeves and trousers when outside, especially in the evening.
- Cover strollers and baby carriers with mosquito netting.
- Keep windows and doors shut and use air conditioning as much as possible.
- Use, install, or repair window and door screens.

What can I do to keep mosquitoes from breeding?

Anywhere water collects could potentially be a breeding ground for mosquitoes. To prevent mosquitoes from laying eggs, remove standing water from outside your house:

- Drain outside plant saucers and watering trays every few days.
- Change water in pet bowls, birdbaths, and wading pools often.
- Flatten or puncture empty cans.
- Cover garbage pails and recycling bins.
- Turn buckets, wheelbarrows, toys, and any outside containers upside down.
- Dispose of old tires that may collect water.
- Open clogged roof gutters and drain flat roofs.
- Empty water from stored boats and cover with a tarp.
- Shake out tarps that collect water after it rains.
- Repair leaking outdoor faucets.

For more information, go to: www.cdc.gov/mosquitoes



7/23

HealthWhys
A public health message from
BlueRidgeHD.org

Follow us on
Facebook



VDH VIRGINIA
DEPARTMENT
OF HEALTH