

Don't let them bug you

Prevent Mosquito Bites



West Nile virus (WNV) and Eastern equine encephalitis virus (EEE) are infectious diseases transmitted by mosquitoes. The best way to protect yourself is to take steps to prevent mosquito bites.

To prevent mosquito bites:

- Limit the amount of time spent outdoors from dusk to dawn – the time when mosquitoes are most likely to bite.
- Use insect repellents that are registered by the Environmental Protection Agency (EPA). Look for the EPA-registration number on the label. Apply repellent when you are going to be outdoors, especially at dawn or dusk.
- Wear long-sleeved shirts and long pants outside when mosquitoes are active.
- Cover baby carriages or outdoor play spaces with mosquito netting.
- Fix any holes in the screens in your house and make sure they are tightly attached to the doors and windows.

Reduce mosquitoes near your home:

- Remove standing water around your house.
- Dispose of, or regularly empty any water-holding containers (including trash cans) on your property.
- Drill holes in the bottom of recycling containers that are left outdoors, so water can drain out.
- Clean clogged roof gutters of leaves and debris that prevent drainage of rainwater.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Do not allow water to stagnate in birdbaths. Change it every three or four days.
- Keep swimming pools clean and properly chlorinated. Remove standing water from pool covers.
- Use landscaping to keep standing water from collecting on your property.

For more information on mosquito-borne diseases in Vermont:

HealthVermont.gov/mosquito

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