



Protect Yourself from Mosquitoes



Why Should I Protect Myself?

Mosquitoes can spread viruses that cause serious diseases. In Bristol County, we are most concerned with Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV).

NOTE: *** Children, seniors, and people with compromised immune systems are most at risk for contracting EEE and WNV.

Types of Repellants

The CDC recommends using products that contain DEET, Permethrin, Picaridin, or Oil of Lemon Eucalyptus.

- DEET should not be used on infants. Children should use products with 30% or less concentrations of DEET. Products with concentrations higher than 30% do not give much additional protection but do last longer.
- Permethrin products are intended for use on items such as clothing, shoes, bed nets, and camping gear. They should not be applied on skin.
- Oil of Lemon Eucalyptus should not be used on children under the age of three.

When Applying Repellants

- Parents should apply repellent on their own hands and then smooth it on child's skin.
- Do not apply repellants to a child's mouth, eyes, hands, or over any wounds, cuts or irritated skin.
- Apply to all exposed skin as directed by the product label.
- After your outdoor activity, wash repellent-treated skin with soap and water.
- Always keep repellants out of the reach of children.
- Do not over apply or saturate skin.
- Do not apply to skin under clothing.



How to Avoid Bites

- Wear light-colored clothing (mosquitoes are attracted to dark colors) and long-sleeved shirts and long pants when outdoors between dusk and dawn.
- Use mosquito netting on baby carriages, strollers and playpens for extra protection.
- Avoid outdoor activity between dusk and dawn when mosquitoes are most active.

For more information, please visit our website at: www.BristolCountyMosquitoControl.com



***** BE SURE TO READ AND FOLLOW THE
INSTRUCTIONS ON THE LABEL OF ANY INSECT
REPELLANT THAT YOU APPLY!**

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