

Mosquito Bite Prevention:

Steps to Protect You and Your Family

The best way to prevent a mosquito-borne disease is to prevent mosquito bites. Follow these steps to stay safe.

Wear protective clothing when going outside where mosquitoes might be active.

- Pants
- Long sleeve shirt
- Socks



Take special care to prevent mosquito bites at evening, night, and early morning when mosquitoes are especially active.



Use EPA-approved repellents. Always follow label instructions. Use permethrin on clothing only. Use these repellents on skin:

- DEET
- Picaridin
- IR3535 (Ethyl butylacetylaminopropionate)
- Oil of Lemon Eucalyptus



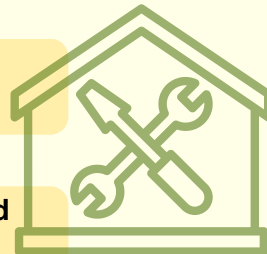
To apply repellents on children, put onto your hands and then rub onto child's skin. Do not allow young children to apply repellents to themselves.

After outdoor activities, wash repellents off skin with soap and water. Wash treated clothing before wearing again.

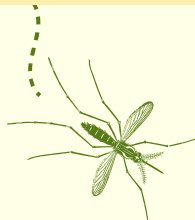
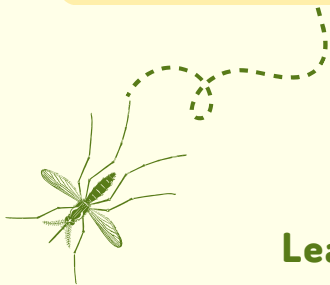
Protect infants and young children with mosquito nets over strollers whenever mosquitoes are active.



Use tight-fitting screens in doors and windows. Repair holes in screens or replace.



Research shows that vitamin B, ultrasonic devices, incense, and bug zappers are not effective in preventing mosquito bites.



Learn more about preventing mosquito bites at:
www.maine.gov/dhhs/vectorborne