Mosquito-borne Infection Prevention Checklist

Reduce your risk of mosquito-borne disease this summer by following these tips:

- Be aware of peak mosquito hours
  - For many mosquitoes, peak hours are dusk and dawn.
  - For the mosquitoes that transmit La Crosse encephalitis virus, peak hours are during the daytime.

- Wear protective clothing such as long sleeves, pants, and socks when weather permits.

- Use insect repellant that contains DEET, picaridin, IR3535 or oil of lemon eucalyptus on exposed skin and clothing when outdoors.
  - Always follow package directions.
  - Apply sparingly to children, avoiding hands and face, and wash them with soap and water when they come indoors.
  - Permethrin is a repellant that can be applied to clothing and provide protection through multiple washes. Do not apply permethrin-containing repellants directly to skin.

- Install and repair window screens as needed to keep mosquitoes out of homes.

- Mosquitoes can lay eggs in small amounts of water. Remove breeding sites around the home:
  - Empty standing water from flower pots, buckets, barrels, and tires.
  - Change the water in pet dishes regularly.
  - Replace water in bird baths weekly.
  - Drill holes in tire swings so the water drains out.
  - Empty children’s wading pools and store on their side when not in use.
  - Empty standing water from canoes and boats.

- Check with your healthcare provider before travelling to another country to find out if additional precautions are needed.