

PREVENT MOSQUITO BITES

Stay healthy this summer. Protect yourself and your loved ones from mosquito bites that cause viral infections.

- ✓ Wear long, loose and light-colored clothing.
- ✓ Dawn & dusk are when mosquitoes are most active, so limit outdoor activities or take precautions to prevent mosquito bites.
- ✓ Repellent products containing DEET and Picaridin typically provide longer lasting protection.
- ✓ Oil of lemon eucalyptus, a plant-based repellent, provides protection similar to lower concentrations of DEET.
- ✓ Use insect repellent products with the smallest percentage of DEET necessary for the amount of time you are exposed to mosquitoes. Use products containing no more than 50% DEET for adults and less than 10% for children under 12.
- ✓ Apply repellent to clothing and avoid applying it to bare skin whenever possible.
- ✓ Repellents with DEET should not be used on infants.

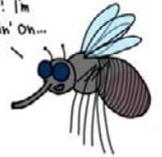


Prevent Mosquitoes from Breeding

Mosquitoes breed wherever water collects. So if you and your family don't want to be "bugged" this summer by biting mosquitoes, check around your property for any place there is still or standing water.

- ✓ Turn over or remove containers in your yard where water collects, such as old tires, potted plant trays, boats, buckets, and toys.
- ✓ Repair leaky outdoor faucets.
- ✓ Clean roof gutters and downspout screens regularly.
- ✓ Eliminate weeds, tall grass and other mosquito breeding places.
- ✓ Stock ornamental ponds with mosquito-eating fish.
- ✓ Clean out birdbaths and wading pools once a week.
- ✓ Eliminate standing water on tarps and flat roofs.
- ✓ Do not leave garbage can lids upside down or allow water to collect in your garbage can.
- ✓ Make sure all window screens are in good repair and have no holes in them.
- ✓ Use larvicide where standing water cannot be removed.
- ✓ Remind neighbors to eliminate breeding sites on their property.

Score! A tire filled with stagnant water: I'm gonna get my egg-layin' on...



Did You Know...?

- Some mosquitoes can carry diseases – including encephalitis, malaria or the West Nile virus. Mosquitoes transmit these diseases to humans and animals by biting.
- Mosquitoes most commonly breed in wooded, swampy low areas, marshes, retention basins, detention basins, construction sites, parks, recreation areas, catch basins, and storm drains.
- Only female mosquitoes require a blood meal and bite animals and humans. Male mosquitoes do not bite, but feed on the nectar of flowers.

Protect yourself and your family from diseases caused by mosquitoes!



Public Health
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MONTGOMERY HEALTH DEPARTMENT

Hopewell Borough ♦ Pennington Borough ♦ Rocky Hill

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