

Prevent Mosquito Bites



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

Take steps to protect yourself and your family from mosquito bites that can make you sick.



Use EPA- registered Insect Repellents

Use [EPA-registered insect repellents](#) with one of the active ingredients listed to the right.

Follow these tips for effective use:

- Always follow the product label instructions.
- Reapply repellent as directed.
- Do not apply repellent on the skin under clothing.
- If you are using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.



Active Ingredients

- DEET
- Picaridin (known as KBR 3023 and icaaridin outside the United States)
- IR3535
- Oil of lemon eucalyptus (OLE)—A plant-derived ingredient
- Para-menthane-diol (PMD)
- 2-undecanone—A plant-derived ingredient

Tips for Babies & Children

- Use clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.



When using insect repellent on your child:

- Always follow label instructions.
- **Do not** use products containing OLE or PMD on children under 3 years old.
- **Do not** apply repellent to a child's hands, eyes, mouth, cuts, or irritated skin.

Adults: Apply repellent onto your hands and then apply to a child's face.



Wear Protective Clothing

- Wear loose-fitting, long-sleeved shirts and pants.
- Wear clothing and gear treated with permethrin.
 - Permethrin is an insecticide that kills or repels mosquitoes.
 - Permethrin-treated clothing provides protection after multiple washings.
 - **Do not** use permethrin products directly on skin.



If you have concerns about mosquitoes in your community, please inform your local health department:

County	Phone	County	Phone	County	Phone
Alexander	828-632-9704	Cleveland	980-484-5100	McDowell	828-652-6811
Alleghany	336-372-5641	Gaston	704-853-5000	Mitchell	828-688-2371
Ashe	336-246-9449	Haywood	828-452-6675	Polk	828-894-8271
Avery	828-733-6031	Henderson	828-692-4223	Rutherford	828-287-6100
Buncombe	828-250-5016	Jackson	828-586-8994	Transylvania	828-884-3135
Burke	828-764-9150	Lincoln	704-735-3001	Watauga	828-264-4995
Caldwell	828-426-8400	Macon	828-349-2081	Wilkes	336-651-7450
Catawba	828-695-5800	Madison	828-649-3531	Yancey	828-682-6118
Clay	828-389-8052				

Mosquito Control at Home



Everyone can help control mosquitoes. You, your neighbors, and the community can take steps to reduce mosquitoes in and around homes and in your neighborhood.



Control mosquitoes inside your home

Control mosquitos inside your home

Mosquitoes rest in dark, humid places. Prevent mosquitoes from laying eggs inside your home and take the following steps:

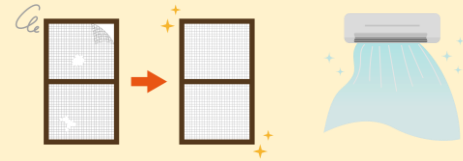
- **Once a week**, empty and scrub, turn over, cover, or throw out any items that hold water, such as vases or flowerpot saucers.
- Use an indoor insecticide.
- Hire a pest control professional to treat areas inside your home.



Keep mosquitoes out

To keep mosquitoes outside of your home, you can:

- Install or repair and use window and door screens.
- Close doors, including garage doors. Do not leave doors propped open.
- Use air conditioning when possible.



TIP stagnant water weekly & **TOSS** unused containers

Control mosquitoes outside your home

Once a week, empty and scrub, turn over, cover, or throw out any items that hold water:

- Tires
- Buckets
- Planters
- Toys
- Pools
- Birdbaths
- Flowerpot saucers
- Trash containers



Tightly cover water storage containers:

- Buckets
- Cisterns
- Rain barrels



For containers without lids, use wire mesh with holes smaller than an adult mosquito.

Repair cracks or gaps in your septic tank if you have one.

Cover open vent or plumbing pipes.

[Fill tree holes.](#)

Mosquito Reduction


Kill mosquito larvae outside your home

Use [larvicides](#) to treat bodies of water that will not be used for drinking and cannot be covered or dumped out.

Kill mosquitoes outside your home

Use an outdoor [adulticide](#) to kill adult mosquitoes in areas where they rest (dark, humid areas).

When using larvicides and adulticides, always follow label instructions.

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Local Health Department _____

Address _____

Phone Number _____

For more urgent questions, contact the Public Health Epidemiologist on Call, available 24/7 at 919-733-3419

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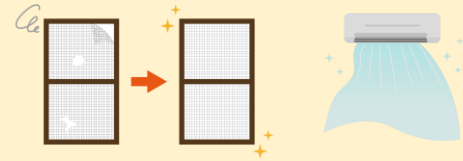
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