Mosquitoes spread germs that can make you sick

**Prevent mosquito bites**

- Use insect repellent.
- Wear long-sleeved shirts and long pants. Treat clothing and gear with permethrin.
- Keep mosquitoes outdoors.

**Control mosquitoes around your home.**

*Once a week,* empty and scrub, turn over, cover, or throw out any items that hold water. Use screens on windows and doors.

[www.cdc.gov/mosquitoes](http://www.cdc.gov/mosquitoes)
Protect yourself and your family from mosquito bites

Use insect repellent | Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

<table>
<thead>
<tr>
<th>Active ingredient</th>
<th>Higher percentages of active ingredient provide longer protection</th>
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<tbody>
<tr>
<td>DEET</td>
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<tr>
<td>Picaridin (known as KBR 3023 and icaridin outside the US)</td>
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<td>IR3535</td>
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<tr>
<td>Oil of lemon eucalyptus (OLE)</td>
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<tr>
<td>Para-menthane-diol (PMD)</td>
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<td>2-undecanone</td>
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</table>

* The EPA’s search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Always follow the product label instructions

**Insect repellent use**
- Reapply as directed.
- Do not spray repellent on the skin under clothing.

**Insect repellent use on children**
- Adults: Spray insect repellent onto your hands and then apply to a child’s face.
- **Do not**
  - Use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
  - Apply insect repellent to a child’s hands, eyes, mouth, and cut or irritated skin.

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