



OFFICE OF  
**BOARD OF HEALTH**  
155 VILLAGE STREET  
MEDWAY, MASSACHUSETTS 02053

**Protect Yourself from Mosquitoes**

There have been conversations regarding the EEE, mosquito spraying and how to protect ourselves. We think this information will be helpful.

At this time the town of Medway is at a High risk level for EEE. Plymouth, Bristol, Middlesex and Worcester counties have received aerial spraying to reduce the populations of mosquito species that spread EEE. Massachusetts Department of Public Health has considered these counties as higher risk level areas.

Medway has not had a positive West Nile Virus or EEE mosquito trapped in any of our monitoring sites. **Please remember this; mosquitoes fly, mosquitoes travel over town borders and they are not all going into our mosquito traps!**

**By taking a few, common-sense precautions, people can help to protect themselves and their loved ones:**

**Avoid Mosquito Bites**

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. **Always use repellents safely.** Repellents that contain **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **IR3535** (3-[N-butyl-N-acetyl]-amino propionic acid) or **picaridin** (KBR 3023) provide protection against mosquitoes. In addition, **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] have been found to provide as much protection as low concentrations of DEET when tested against mosquitoes found in the United States. DEET products should not be used on infants under two months of age. Children older than two months should use products with DEET concentrations of **30% or less**. DEET products with concentrations higher than 30% do not confer much additional protection, but do last longer. **Oil of lemon eucalyptus** should not be used on children under three years of age. **Permethrin** products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

**Mosquito-Proof Your Home**

- **Drain Standing Water** – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.