Mosquitoes are most active in the summer and fall. In Massachusetts, mosquitoes can carry eastern equine encephalitis (EEE) virus and West Nile Virus (WNV). Although being bitten by a mosquito does not always mean you will get sick, it is always important to protect yourself. Here are some “Do’s” and “Don’ts” for mosquito season:

**DO:**
- Use insect repellent when outside. The CDC suggests to use one that contains one of the following:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus (OLE)
  - Para-menthane-diol (PMD)
  - 2-undecanone
- Spray insect repellent on skin and clothes. Do not spray repellent directly onto the face. Instead, spray the repellent onto the hands, and carefully rub them over the face, but not on the eyes or mouth.
  - Do not use insect repellent on cuts or other wounds.
- Wear long sleeves and long pants when possible.
- Take extra precautions (long pants, insect repellent) at sunrise and sunset, when mosquitoes are most active.
- Be aware of your time outside. If you notice mosquitoes biting you, move inside if possible, or put on insect repellent.

**DON'T:**
- Let water collect in buckets. Mosquitoes thrive in hot and damp environments. Regularly empty items like buckets, trash bins, car tires, wheelbarrows, gutters, and wading pools.
- Leave windows open without screens, especially at night. Repair any holes in your screens, so mosquitoes do not get inside.

Sources:
https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Product_Code=TM3910kit
https://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/repellents.html