



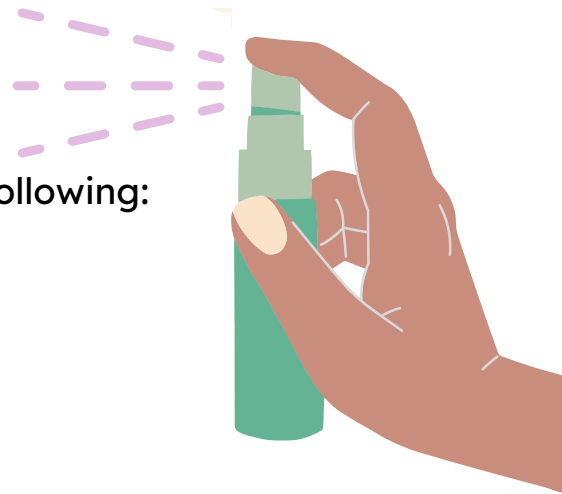
MOSQUITO SEASON ADVISORY



Mosquitos are most active in the summer and fall. In Massachusetts, mosquitos 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:

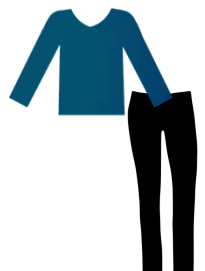
- Use insect repellent when outside. The CDC suggests to use one that contains one of the following:
 - DEET
 - Picaridin
 - IR3535
 - Oil of lemon eucalyptus (OLE)
 - Para-menthane-diol (PMD)
 - 2-undecanone



- 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 mosquitos are most active.



- Be aware of your time outside. If you notice mosquitos biting you, move inside if possible, or put on insect repellent.



DON'T:

- Let water collect in buckets. Mosquitos 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 mosquitos do not get inside.



Sources:

https://massclearinghouse.ehs.state.ma.us/mm5/merchant.mvc?Screen=PROD&Product_Code=TM3910kit
<https://www.cdc.gov/media/dpk/diseases-and-conditions/mosquito-borne-diseases/index.html>
<https://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/repellents.html>

