

# Mosquito-borne Infection Prevention Checklist

*Reduce your risk of mosquito-borne disease this summer by following these tips:*



- Be aware of peak mosquito hours**
  - For many mosquitoes, peak hours are dusk and dawn.
  - For the mosquitoes that transmit La Crosse encephalitis virus, peak hours are during the daytime
- Wear protective clothing such as long sleeves, pants, and socks when weather permits**
- Use insect repellent that contains DEET, picaridin, IR3535 or oil of lemon eucalyptus on exposed skin and clothing when outdoors.**
  - Always follow package directions.
  - Apply sparingly to children, avoiding hands and face, and wash them with soap and water when they come indoors.
  - Permethrin is a repellent that can be applied to clothing and provide protection through multiple washes. Do not apply permethrin-containing repellents directly to skin.
- Install and repair window screens as needed to keep mosquitoes out of homes**
- Mosquitoes can lay eggs in small amounts of water. Remove breeding sites around the home:**
  - Empty standing water from flower pots, buckets, barrels, and tires
  - Change the water in pet dishes regularly
  - Replace water in bird baths weekly
  - Drill holes in tire swings so the water drains out
  - Empty children's wading pools and store on their side when not in use
  - Empty standing water from canoes and boats
- Check with your healthcare provider before travelling to another country to find out if additional precautions are needed**