Mosquito Bite Prevention

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

<table>
<thead>
<tr>
<th>Types of Mosquito</th>
<th>Viruses spread</th>
<th>Biting habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, aedes albopictus</td>
<td>Zika, chikungunya, dengue,</td>
<td>Primarily daytime, but can also bite at night</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Evening to morning</td>
</tr>
<tr>
<td>Aedes triseriatus</td>
<td>La Crosse encephalitis</td>
<td>Daytime</td>
</tr>
</tbody>
</table>

Protect yourself and your family from mosquito bites

Use insect repellent

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

- Always follow product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- For more information go to www2.epa.gov/insect-repellents.

Treat clothing and gear

Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.

- Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.

Repellent active ingredients

Higher percentages of active ingredient provide longer protection

<table>
<thead>
<tr>
<th>Repellent active ingredients</th>
<th>Name-brand examples*</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEET</td>
<td>Off!, Cutter, Sawyer, Ultrathon</td>
</tr>
<tr>
<td>Picaridin, also known as KBR 3023, Bayrepel and icaridin</td>
<td>Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside of U.S.)</td>
</tr>
<tr>
<td>Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)</td>
<td>Repel</td>
</tr>
<tr>
<td>IR3535</td>
<td>Skin So Soft Bug Guard Plus Expedition, SkinSmart</td>
</tr>
</tbody>
</table>

*Insect repellent brand names are provided for information only. The Centers for Disease Control and Prevention, the U.S. Department of Health and Human Services, and the Knox County Health Department cannot recommend or endorse any name-brand products.
Help control mosquitoes that spread dengue, chikungunya and Zika viruses

Mosquito-proof your home

- Use screens on windows and doors.
- Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.

For more information, visit: www.cdc.gov/dengue
www.cdc.gov/chikungunya
www.cdc.gov/zika
www.cdc.gov/features/StopMosquitoes

Protect yourself, your family and your community from mosquitoes

Eliminate standing water in and around your home.

- Once a week, empty and scrub, turn over, cover or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots and trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

Drain and dump standing water.

Replace water in bird baths each week.

Recycle used tires or keep them out of the rain.

Keep rain barrels covered tightly.

Put plants in soil, not water.

Drain water from pools when not in use.