



Protect Yourself from Mosquitoes!

DCR urges all visitors to take personal precautions to protect against mosquito-borne illnesses, including Eastern Equine Encephalitis (EEE) and West Nile virus (WNV).

- Use Insect Repellent, especially from dusk to dawn, which is the peak activity time for mosquitoes.
- Cover exposed skin. If weather permits, wear long sleeves, long pants and socks.
- Use mosquito netting on baby carriages and play yards
- Avoid outdoor activities between dusk and dawn
- Campers: Keep your camping equipment doors closed and check that screens are in good order.
- Do not leave any standing water near your campsite.

Choose an Effective Repellent

- Look at the active ingredient on the product label. Repellents that contain DEET work very well against mosquitoes. In general, higher concentrations of DEET don't work better, they simply last longer.
- You should use less than 30 percent DEET on kids and infants over 2 months.
- Don't use any DEET on infants less than 2 months old.
- Whatever product you choose, be sure to read the label to see what the concentration of DEET is and how often it should be reapplied.
- There are some other products that are proven to be effective against mosquitoes. They are permethrin, picaridin or IR3535. A number of "natural" products are available, but tests show that most of these products do not provide the same level of protection or work as long. The exception is oil of lemon eucalyptus, which provides as much protection as low concentrations of DEET.

Learn more about how to protect yourself at www.mass.gov/dph/wnv

