

# Protect **yourself** and your **home** from **MOSQUITOS**



Mosquitos spread many diseases. Enjoy the outdoors without the bites!

## Protect Yourself from Bites



### Stay Indoors

Mosquitos are most active from dusk to dawn - try to stay indoors during these times.



### Use Insect Repellent

Use mosquito repellent any time you are outdoors. Make sure to follow directions on the label.



### Wear Long Clothing

When outside, wear long pants, sleeves, shoes, and tall socks. Apply repellent to clothing.

## Protect Your Home

### Use these tips to eliminate sources of still water around your property

Mosquitoes can begin to grow in any puddle or standing water that lasts for more than four days, so don't let water collect around your home!



- 1 **Water features:** change water in bird baths and fountains frequently
- 2 **Ponds:** incorporate water circulation
- 3 **Rain Barrel:** cover with a mosquito screen
- 4 **Water Leaks:** Repair leaking hoses and faucets
- 5 **Pet Bowls:** change water daily
- 6 **Buckets:** remove water collecting in buckets and toys
- 7 **Flowerpots:** pour out stagnant water, add drain holes
- 8 **Trash Cans:** keep covered and ensure lids are not upside down
- 9 **Tires:** drill holes in tire swings and wheels barrows
- 10 **Grill:** make sure lid tightly seals, add drain holes
- 11 **Pools:** maintain and keep water circulating up to 8 hours a day
- 12 **Gutters:** remove leaves and other debris

## Stay Educated on Mosquito Prevention

### To get the most up to date surveillance information

Massachusetts Department of Public Health



### For information on mosquito control in your town

Massachusetts Department of Agricultural



### If you are bitten by a mosquito

- Wash the bite area with soap and water
- Apply calamine lotion to help stop the itching
- If you get sick after being bitten and suspect a mosquito-borne illness, call your doctor