

Protection from Mosquitoes

Help reduce the mosquito population

Mosquitoes breed in standing water, even very small amounts. You can reduce the number of breeding spots around your home by:

- Regularly draining standing water from items like toys, flower pots, cans, buckets, barrels and pool covers;
- Removing anything where water can collect, like old tires;
- Keeping clean and changing the water frequently in swimming pools, decorative pools, children's wading pools and bird baths; and
- Cleaning out clogged gutters.

Reduce your exposure to mosquitoes

- Mosquitoes are most active at dawn and dusk. Reduce the amount of time you spend outside during these times.
- Be sure your windows and doors are properly screened.
- Use barriers like mosquito nets or screens for baby strollers.
- Dress your children in protective clothing when possible: light-colored clothing with long sleeves and cuffs, long pants, socks or shoes, and hats are recommended.

Discourage mosquitoes from biting

Insect repellents don't kill mosquitoes but they make us unattractive to them. The only products proven to work outdoors for a long period of time are those that contain DEET.

Not all products have the same concentration or amount of DEET. The amount of DEET in a product is expressed as a percentage, such as 10% DEET.

Insect repellents that are used on children should have a small concentration of DEET, depending on the age of the child. These products should not be used on children younger than six months.

- For children from six months to two years old, use products with 10% DEET or less, only once a day.
- For children between two years and 12 years, use products with no more than 10% DEET, up to three times a day.
- For children over 12 years, use products with 30% DEET or less. If needed, re-apply when it's no longer working. The number of hours of protection depends on how much DEET is in the product.