

Fight the Bite!

Avoid Mosquito Bites

- ✓ **Apply Insect Repellent Containing DEET (N, N-diethyl-m-toluamide) and Picaridin (KBR 3023)** to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite.
- ✓ **Clothing Can Help Reduce Mosquito Bites.** When possible, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.
- ✓ **Be Aware of Peak Mosquito Hours.** The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes. Take *extra* care to use repellent and protective clothing during evening and early morning – or consider avoiding outdoor activities during these times.

Mosquito-Proof Your Home

- ✓ **Drain Standing Water.** Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.
- ✓ **Install or Repair Screens.** Some mosquitoes like to come indoors. Keep them outside by having well-fitted screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

Help Your Community

- ✓ **Report Dead Birds to Local Authorities.** Dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. By reporting dead birds to state and local health departments and the Navajo Veterinarian & Livestock Program, you can play an important role in monitoring West Nile virus.
- ✓ **Clean Up.** Mosquito breeding sites can be anywhere. Neighborhood clean up days can be organized by civic or youth organizations to pick up containers from vacant lots and parks, and to encourage people to keep their yards free of standing water. Mosquitoes don't care about fences, so it's important to control breeding sites throughout the neighborhood.
- ✓ **Find Out More About Local Prevention Efforts.** Contact your local Navajo Health Education Program or the Navajo Veterinarian Livestock Program.

Using Insect Repellents Safely

- ✓ Apply repellents only to exposed skin and/or clothing (as directed on the label). Do not use under clothing.
- ✓ Never use repellents over cuts, wounds, or irritated skin
- ✓ Do not apply to eyes and mouth. Apply sparingly around ears. When using sprays do not spray directly onto face; spray on hands first and then apply to face.
- ✓ Do not allow children to handle the products, and do not apply to children's hands. When using on children apply to your own hands and then put it on the child.
- ✓ Do not spray in enclosed areas. Avoid breathing a repellent spray, and do not use it near food.
- ✓ Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation is generally unnecessary for effectiveness; if biting insects do not respond to a thin film of repellent, then apply more
- ✓ After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again. If you suspect that you or your child are reacting to an insect repellent, discontinue use, wash treated skin, and then call your local poison control center. If/when you go to a doctor, take the repellent with you.
- ✓ Get specific medical information about the active ingredients in repellents and other pesticides by call the National Pesticide Information Center (NPIC) at 1-800-858-7378. Hours of operation are from 6:30

am to 4:30 pm (Pacific Time), 9:30 am to 7:30 pm (Eastern Time), 7 days a week. The NPIC Web site is: <http://npic.orst.edu>

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