

Mosquito Bite Prevention

Why is it important to protect against mosquito bites?

Mosquito bites can be more than just annoying and itchy. Mosquitoes can carry disease that can make you really sick. Protect yourself and your family when traveling. Using insect repellent is the best way to prevent diseases like Zika, dengue, and chikungunya that are spread by mosquitoes. To learn more about these diseases, visit <https://www.cdc.gov/features/stopmosquitoes/>

How can I protect against mosquito bites?

Whenever possible, wear long-sleeved shirts and long pants when spending time outside. You can repel mosquitoes by using an Environmental Protection Agency (EPA)-registered insect repellent <https://www.epa.gov/insect-repellents>

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Always follow the product label instructions, reapply repellents as directed, and consult with your family's healthcare provider before using any of these products. If you are also applying sunscreen, apply sunscreen first and insect repellent second.

How can I control mosquitoes inside and outside my house?

When available and when indoors, use air conditioning. If air conditioning is not available, screens should be used on all windows and doors. Holes in screens need to be repaired to keep mosquitoes outside. When sleeping outdoors, sleep under a mosquito bed net. Mosquitoes lay eggs near standing water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water. Some examples of such items include tires, wheelbarrows, buckets, planters, toys, pools, birdbaths, flower pots or waste containers.

How can I Protect against mosquito bites when traveling?

Please visit https://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_travelers.pdf and [CDC Travelers' Health website](#) to learn more about country-specific travel advice, health risks, and how to stay safe when traveling.

Information adapted from the Centers for Disease Control (CDC), 5/30/2017.

<https://www.cdc.gov/features/stopmosquitoes/>

<https://wwwnc.cdc.gov/travel/yellowbook/2016/the-pre-travel-consultation/protection-against-mosquitoes-ticks-other-arthropods>