

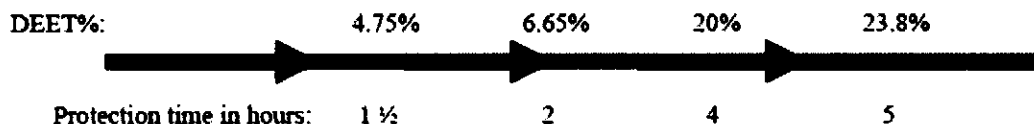


Tips on mosquito protection

CMMCP recommends you follow the "5 D's" for mosquito protection:

- **DUSK & DAWN** – Avoid being outdoors when mosquitoes are seeking a bloodmeal. Dusk and dawn are prime time for mosquito activity in our area. **Mosquitoes may also be active anytime on cool, cloudy days.**
- **DRESS** – When temperatures allow, wear clothing that covers your skin. Clothing with mosquito repellent impregnated materials such as permethrin may be a consideration, as may loose-fitting net-style clothing. Some studies show dark colors are more attractive to mosquitoes.
- **DEET** – N,N-diethyl-meta-toluamide, or N,N-diethyl-3-methylbenzamide (DEET) remains the standard by which all other repellents are judged. It is effective against mosquitoes, biting flies, chiggers, fleas and ticks. The American Academy of Pediatrics says all family members over 2 months can use DEET-based repellents with up to 30 percent concentration. Most products start out at a concentration of 5 percent (lasts 90 minutes or so) and range up to 100 percent (for approximately 10 hours of protection from bites). Pick one that matches your activity. For an outdoor family barbecue in the evenings, a 10 percent product is fine. It will help protect from bites for nearly two hours. Products are available in aerosols, pump sprays, lotions, creams and even towelettes.

DEET products should not be used on infants under 2 months of age. Children older than two months should use products with DEET concentrations of 30% or less. DEET products are available in formulations up to 100% DEET, so always read the product label to determine the percentage of DEET included. Products with DEET concentrations higher than 30% do not confer much additional protection, but do last longer. In a study that looked at how long different concentrations of DEET worked against mosquitoes, the results ranged from 1½ to 5 hours. However, the length of protection time will vary widely depending on temperature, perspiration, and water exposure.



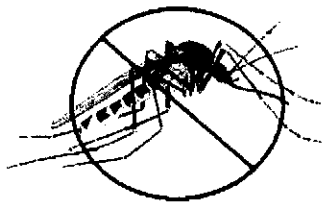
Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin. Apply the permethrin to your clothes before you put them on and follow the product's instructions.

- **DRAIN** – Check your home to eliminate or reduce standing water that can produce mosquitoes. Mosquitoes hatched in your back yard or on your patio will often stay close by, affecting you and your neighbor as well. Whenever possible, "tip and toss" nonessential water-holding containers.

Tips on eliminating larval mosquito sites:

- Clean out eaves, troughs and gutters.
- Remove old tires or drill holes in those used in playgrounds. To remove tires from your area, see info here on our [tire recycling program](#).
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on woodpiles, boats or other equipment that may collect water.
- Pump out bilges in boats.
- Replace water in birdbaths and pet feeding dishes at least twice a week.
- Change water in plant trays, including hanging plants, at least twice a week.

IF IT HOLDS WATER FOR MORE THAN A WEEK, YOU COULD BE PRODUCING YOUR OWN MOSQUITOES!!

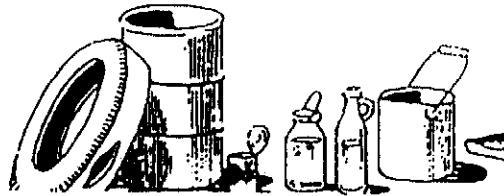


HOW YOU CAN STOP MOSQUITOES!

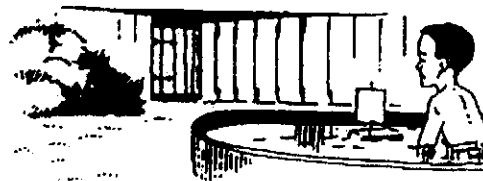
CHECK YOUR YARD & HOME...

If there are any places around your home where water collects, such as water holding containers, plastic tarps on wood piles, old boats and ornamental ponds - **YOU MAY BE RAISING MOSQUITOES!**

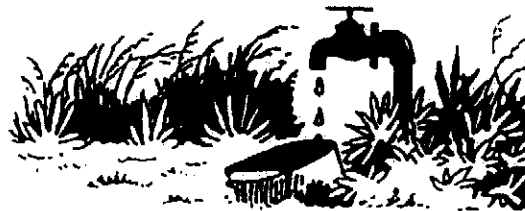
You should... Get rid of old tires, tin cans, bottles, jars, buckets, drums and other containers, or empty them on a weekly basis.



You should... Empty your small toddler-size plastic wading pool weekly and store it indoors when not in use. Make certain your backyard swimming pool is properly cared for while on vacation.



You should... Repair leaky pipes, outside faucets, and move basement sump drain hoses frequently if water pools at the outlet.



You should... Change water and scrub vases holding flowers or cuttings twice each week - or grow cuttings in sand; scrub and change water in bird baths twice weekly; empty water pans for pets daily.



Central Massachusetts Mosquito Control Project 111 Otis Street Northborough, MA
tel: (508) 393-3055 • fax: (508) 393-8492 • web: www.cmmcp.org

To reduce exposure to mosquitoes and the diseases they carry such as West Nile Virus (WNV) and Eastern Encephalitis (EEE), please

Practice the 5 D's

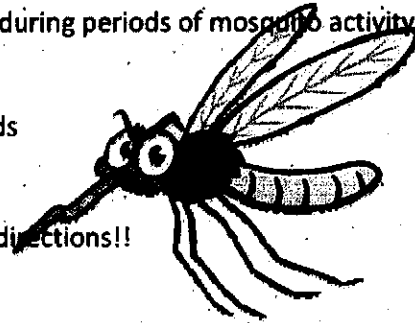
of mosquito protection

Dress in long sleeves and pants when possible. Cover up during periods of mosquito activity

Dawn & **D**usk are mosquitoes most active periods

DEET is an effective repellent. Please follow label directions!!

Drain water from containers weekly - don't grow your own mosquitoes!!



For more information please contact us at (508) 393-3055



help prevent mosquitoes
www.cmmcp.org