



## TIPS

To help protect your family

### **TIPS & TRICKS: HOW CAN I MINIMIZE EXPOSURE TO MOSQUITOES?**

There are a number of practical steps you can take to minimize your exposure to mosquitoes. These steps can help to prevent mosquitoes from landing directly on your skin or clothing, from breeding outside and around your home, and from coming into your home.

In each of these areas, repellents are an important line of defense. They come in many forms, such as personal repellents which are applied to clothing and exposed areas of skin, and spatial or area repellents which can help to minimize contact between humans and mosquitoes in a broad area – either indoors or outdoors, depending on the label. Regardless of the type or use, with any repellent, it's important to read the label first and choose the one that's best for you and your family.

Around your home, it's also important to remove habitats where mosquitoes can breed – namely, standing containers of water. Empty, clean or cover containers such as buckets, flower pots, old tires, or toys to remove or destroy mosquito habitats. Make it harder for mosquitoes to come into your home by covering any gaps in windows or doors, and make sure screens on windows and doors are working properly, or are patched.

You can further minimize exposure to mosquito bites by wearing light-colored, long-sleeved shirts and long pants, socks, and hats. Tucking your shirt in, and tucking pants into socks, also decreases your chances of getting bitten. If the area where you are sleeping is exposed to the outdoors, use a bed net, and cover baby carriers as well.