

Guidelines For Reducing Risk Use the building checklist

- **Insect repellents**



With caution, you may apply insect repellents directly to exposed skin. There are many different types of repellents but the most effective formulations contain DEET (N, N-diethyl-m-toluamide) as an active ingredient. Be sure to follow directions on the label since DEET can be harmful if overused. The recommended concentration of DEET for children is less than 10% and for adults, less than 30%. Avoid applying repellent to children less than two years of age and to the hands of young children since these chemicals may irritate the eyes and mouth. Cream lotion, or stick formulas are best.

- **Window Screens**



You should check all windows and doors carefully to make sure that screens are installed and that they are intact. Gaps in the screen will only serve to keep mosquitoes inside (see picture above). Screen repair kits can be obtained from local hardware stores.

- **Protective Clothing**



To minimize exposure to biting mosquitoes, wear clothing that will protect more of your body during the evening and night when mosquitoes that transmit West Nile Virus are actively seeking blood meals. Head nets, bug socks and special pants and jackets are designed to keep mosquitoes at bay. In situations where mosquito bites cannot be avoided because of outdoor work or enjoyment, Permethrin or DEET can be applied to clothing for additional protection.

- **Mosquito Traps**



Under most situations, mosquito traps by themselves are not expected to reduce the number of biting mosquitoes significantly. Traps are normally used for surveillance to detect mosquito populations and to test for the presence of West Nile Virus. The typical outdoor electric bug "zappers" will trap many more insects other than mosquitoes. Use caution when purchasing expensive, highly advertised mosquito traps with sensational claims. Fly swatters work, too.