



Reduce Your Exposure to Mosquito Bites

Reduce your exposure to mosquito bites that spread West Nile Virus and Eastern Equine Encephalitis (“Triple E”)

- Be aware that peak mosquito biting hours are from dusk to dawn BUT given ideal temperatures and humidity and moderate cloud cover, biting mosquitoes can be present during the day.
- Use repellent even if you're only going outside for a few minutes.
- To Skin: apply repellent that contains 30% or lower DEET or Picardin (10% or lower DEET for children). To Clothing: apply repellent that contains DEET or Permethrin.
- Reapply additional repellent if outdoors for extended periods of time or if you're sweating or getting wet.
- As always, follow the application instructions on the repellent label and wash skin thoroughly once you go indoors.
- Additional precautions you can take: remove standing water from containers which allow for mosquito breeding, use mosquito netting over baby carriages, wear long sleeves or long pants while outdoors and apply repellent to clothing.

Please support Burlington's mosquito control program!

**Contact the Burlington Board of Health for more information
61 Center Street, 2nd Floor
781-270-1955**

<http://www.burlington.org/boh/mosquitocontrol.html>