# Cape Cod

Protect yourself and your home from

# MOSQUITOES

Mosquitoes spread many diseases. **Enjoy Cape Cod** without the bites!

## Protect YOURSELF from BITES



Stay Indoors

It's best to remain indoors when mosquitoes are most active - which is dusk to dawn.



Use Insect Repellent

Use insect repellents with 20-30% DEET, 10-20% picaridin, 10-20% IR3535. or 30-40% oil of lemon eucalyptus on skin and clothes to prevent bites.

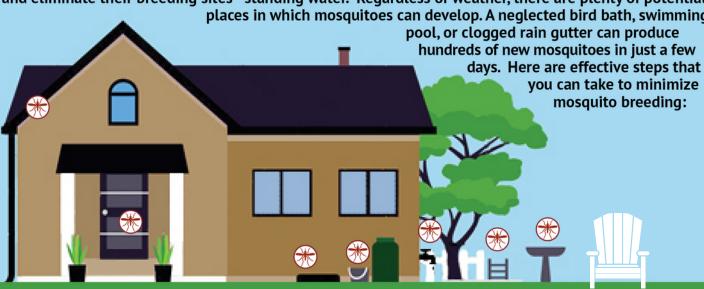


Wear long clothing

When outside wear long pants, sleeves, shoes and socks. Apply permethrin to clothes and gear. It lasts through several washes after it is applied. Do not apply directly to skin.

#### Protect **YOUR HOUSE** from **INFESTATION**

The most effective way to reduce the number of mosquitoes around homes and neighborhoods is to find and eliminate their breeding sites - standing water. Regardless of weather, there are plenty of potential places in which mosquitoes can develop. A neglected bird bath, swimming





Repair Door and Window Screens Keep mosquitoes out of the house!



Remove Toys, **Buckets, Pots** Dump out water-filled

Fix Leaky Faucets and **Pipes** Get rid of items dripping water

**Cover Pools** 

Protect pools and hot tubs when not in use



### If You Are **BITTEN**

- Wash the bite with soap and water
- Apply calamine lotion to help stop the itching
- If you get sick after being bitten and suspect a mosquito-borne illness, CALL YOUR DOCTOR

Get the most up to date surveillance information from the MA Department of Public Health: www.mass.gov/mosquito-borne-diseases

Mosquito awareness is a collaboration between Cape Cod Mosquito Control Project and Barnstable County's Cape Cod Cooperative Extension.



