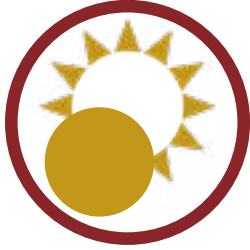


# Protect yourself and your home from **MOSQUITOES**

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.



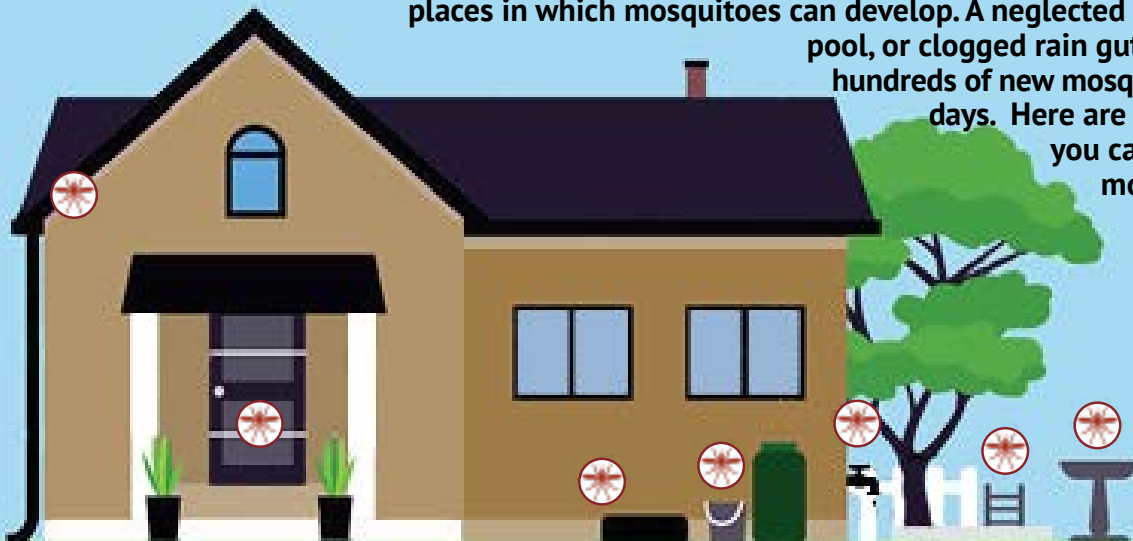
### Wear long clothing

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 pool, or clogged rain gutter can produce

hundreds of new mosquitoes in just a few days. Here are effective steps that you can take to minimize mosquito breeding:



### Clean Gutters

Keep water running freely



### Repair Door and Window Screens

Keep mosquitoes out of the house!



### Fill Holes

Keep water from forming puddles



### Remove Toys, Buckets, Pots

Dump out water-filled items



### Fix Leaky Faucets and Pipes

Get rid of dripping water



### Cover Pools

Protect pools and hot tubs when not in use



### Change Birdbath Water

Keep water clean

## 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](http://www.mass.gov/mosquito-borne-diseases)

Find towns affected by EEE: [www.mosquitoresults.com](http://www.mosquitoresults.com)



Protect Yourself From Disease-Carrying Mosquitoes

Fight the Bite is a collaboration between  
**Cape Cod Mosquito Control Project**  
**Barnstable County Government**

[www.ccmcp.net](http://www.ccmcp.net) (508) 775-1510

