



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 35% 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 Everett’s mosquito control program!

**Contact the Everett Health Department for more information
City Hall, Room 20, 484 Broadway, Everett, MA 02149
617-394-2255**