

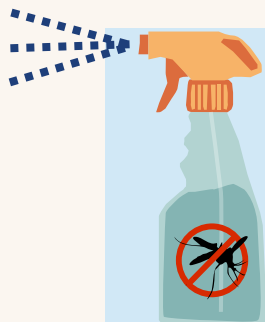


# PROTECT YOURSELF FROM MOSQUITOES



**MOSQUITOES CAN SPREAD DISEASES THAT MAKE YOU SICK.  
TAKE STEPS TO PREVENT MOSQUITO BITES.**

August is peak mosquito season, take steps to prepare



## **PROTECT YOURSELF WITH REPELLENT**

Apply EPA approved insect repellent to exposed skin or clothing anytime you are outdoors

Wear long sleeves, long pants, and long socks outside to reduce exposed skin



## **PREVENT MOSQUITOES FROM BREEDING**

Remove standing water around the house to prevent mosquitoes from breeding

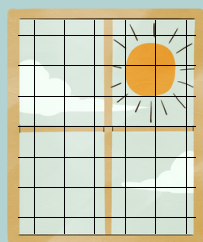


Treat clothing and gear with 0.5% permethrin if you work outside



## **KEEP THEM OUTSIDE**

Keep screens on all windows and use air conditioning



## **DUSK TO DAWN IS PEAK MOSQUITO TIME**

Stay inside or keep yourself covered!



**Brought to you by the Norfolk  
County 8 Public Health Coalition**



Click on this link to learn more about protection from mosquitoes:

<https://www.mass.gov/info-details/mosquito-borne-disease-prevention>