



BRISTOL-BURLINGTON HEALTH DISTRICT
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The Bristol-Burlington Health District (BBHD) advises residents to protect themselves and their children from mosquitoes by avoiding outdoor activity during dusk to dawn hours when mosquitoes are most active.

Mosquitoes breed in and around bodies of water, such as ponds, marshes, swamps, abandoned swimming pools, and areas where stagnant water collects (abandoned automobile tires, uncovered barrels, buckets, etc.). Avoid these areas during dusk to dawn hours.

Tips for avoiding mosquito bites when outdoors:

- Minimize outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear shoes, socks, long pants, and long-sleeved shirts. Clothing material should be tightly woven and loose fitting.
- Use mosquito netting when sleeping outdoors.
- Consider the use of CDC-recommended mosquito repellents, containing DEET, picaridin, oil of lemon eucalyptus, IR3535, or 2-undecanone, and apply according to directions, when it is necessary to be outdoors.
- When using DEET, use the lowest concentration effective for the time spent outdoors (for example, 6 percent lasts approximately two hours and 20 percent for four hours) and wash treated skin when returning indoors. Do not apply under clothing, to wounds or irritated skin, the hands of children, or to infants less than two months old.
- Be sure door and window screens are tight fitting and in good repair to avoid mosquito bites when indoors.

If you have any questions, contact BBHD.