



## Personal Protection from Mosquitoes

**EEE and West Nile Virus mosquitoes are a concern in Massachusetts. Following are steps you can take to reduce risk at home and for personal protection.**

- Consider staying indoors or in a screened in porch from before dusk through to dawn, which are peak mosquito biting times. Also, the deep woods can have active mosquitoes during the day. Wear loose fitting, long-sleeved shirts and long pants when outdoors during peak mosquito times. Light colored, cotton or non-shiny materials are less attractive to mosquitoes. Tuck pant legs into socks.
- Place mosquito netting over infant carriers when outdoors with infants.
- Carefully, apply insect repellent to exposed skin and clothing (not under clothing, mosquitoes can bite through thin fabric). More is not necessarily better. Keep it out of eyes, mouths & food. Read product instructions. Wash hands before eating or drinking.
- Consumer Reports rated mosquito repellents in 2020. The most effective was Repel Lemon Eucalyptus Repellent (DEET-free). Other top performers: Ben's Tick & Insect Repellent Wipes (30% DEET), Total Home (CVS) Woodland Scent Insect Repellent (30% DEET) and 3M Ultra Insect Repellent (25% DEET). All rated well as tick repellents also.
- Avoid using "bug zappers." They are not effective with mosquito reduction, but do kill beneficial insects, such as pollinating moths and insects that prey on mosquitoes. Mosquitoes are *not* attracted by light, but CO<sub>2</sub>. For large outdoor areas, try "Mosquito Magnet" devices, which use CO<sub>2</sub> to attract and kill mosquitoes before they reach the area of protection without using toxic chemicals.
- If sitting outside with a small group, try an oscillating pedestal fan aimed at the whole area (head to toe). Mosquitoes can't fly in wind and avoid windy areas.
- Numerous scientific studies have raised serious concerns on the effects of EPA registered pesticides on human health and the environment. More study is needed to determine the long-term effects and toxicity of multiple pesticide-chemical interactions. Children, pets and wildlife are especially vulnerable. Only use pesticides as a last resort administered by a licensed pesticide applicator.

## Reduce Mosquito Breeding Sites in Your Yard and More

Mosquitoes breed in standing water (even if only  $\frac{1}{2}$  inch deep). Small containers can breed thousands of mosquitoes in as little as 4 days. Removing standing water is crucial. Ask your neighbors to remove standing water also.

