



## Iowa Department of Public Health Center for Acute Disease Epidemiology

### Mosquito Bite Prevention

#### Avoid mosquito bites by:

- Applying insect repellent to exposed skin
- Wearing protective clothing such as long-sleeves, long pants, socks and shoes
- Being aware of peak hours of mosquito activity: dusk and dawn

#### CDC Approved/EPA Registered Mosquito Repellents:

- DEET
  - The American Academy of Pediatrics recommends that repellents with DEET should not be used on infants less than 2 months old.
- Picaridin
- Oil of Lemon Eucalyptus or PMD (the synthesized version of oil of lemon eucalyptus)
  - Should not to be used on children under three years of age
- IR3535
- Permethrin (Do NOT apply directly to skin)
  - This product is only recommended for use on clothing, shoes, bed nets, and camping gear.

#### What precautions should be taken when using insect repellents?

- Read and follow the directions on the product label.
- Apply repellent sparingly on exposed skin and/or clothing.
- Do not apply repellent near eyes, lips, or mouth.
- Never apply repellents over cuts, wounds, or irritated skin.
- Avoid using sprays in enclosed areas.
- Do not use repellents near food.
- Do not apply repellent to the hands of young children.
- Do not allow young children to apply repellent to themselves.
- After returning indoors, wash treated skin with soap and warm water.
- Avoid over-application. Heavy application is not necessary to achieve protection.
- Wash treated clothing before wearing again.

#### Can mosquito repellents be used with sunscreen?

- Yes. Use both a sunscreen and an insect repellent when outdoors.
  - Follow the instructions on the package for proper application of each product.
  - If using separate products, apply sunscreen first, followed by repellent.

#### Mosquito-proof your home by:

- Installing or repairing window and door screens so that mosquitoes cannot get indoors.
- Emptying water (at least once or twice a week) from flower pots, pet food and water dishes, bird baths, swimming pool covers, buckets, barrels, and cans.
- Removing discarded tires and other items that could collect water.
- Checking for clogged rain gutters and cleaning them out.