



## *Protect yourself from mosquito borne viruses*

*There is no human vaccine for EEE ,WNV or Zika. The best way to protect yourself is to keep mosquitoes from biting you.*



- If you must be outdoors at dusk or dawn, wear long sleeved shirt and long pants.
- Try to stay in places that use air conditioning. Repair any holes in your screens and make sure they are tightly attached to all your doors and windows.
- Use a repellent containing DEET (N,N-diethyl-m-toluamide) or Picaridin (KBR 3023). Oil of lemon eucalyptus [p-menthane 3,8-diol (PMD)] has been found to provide protection similar to repellents with low concentrations of DEET. Permethrin products are intended for use on items such as clothing, shoes and camping gear and should not be applied to the skin.
- Always apply repellents according to the instructions on the product label.



*What can you do to reduce the number of mosquitoes around your home and neighborhood?*

- *Dispose of or regularly empty any metal cans, plastic containers, ceramic pots and other water holding containers on your property.*
- *Pay special attention to discarded tires that may have collected on your property. Stagnant water in tires is a common place for mosquitoes to breed.*
- *Drill holes in the bottom of recycling containers that are left outdoors, so water can drain out.*

To report conditions of stagnant pools of water, please call the Board of Health  
508-839-5335 X 1119

- Clean clogged roof gutters; remove leaves and debris that may prevent drainage of rainwater.
- Turn over plastic wading pools and other children's toys.
- Chlorinate swimming pool water or cover it when not in use.
- Turn over wheelbarrows when not in use.
- Repair leaky garden hoses.
- Do not allow water to stagnate in birdbaths; aerate ornamental ponds or stock them with fish.
- Keep swimming pools clean and properly chlorinated; remove standing water from pool covers.