



## **Mosquito Facts**

- Mosquitoes are most active around sunrise and sunset.
- They like tall, wet grass or wooded areas.
- Mosquitoes prefer calm, cloudy and humid days.
- Mosquitoes are attracted to sweat and scented personal products including fabric softeners.
- Some can spread illness such as West Nile virus.

## **Personal Protective Measures**

- Dress in light colored, loose fitting clothes with long sleeves and pants.
- Put mosquito netting over baby carriages, strollers and playpens. You can buy netting at most camping supply stores.
- Stay away from wooded, bushy or tall grass areas.
- Make sure that window and door screens fit tightly and are free from holes.

## **Insect Repellents**

- Apply mosquito repellent that contains DEET or Picaridin 20% (Icaridin), based on age recommendations, to all exposed skin, especially neck, wrists and ankles, and clothing.
- Reapply as needed (every 2 hours if perspiring heavily) and immediately after swimming.
- Do not apply to open cuts or sores.
- Wash off once indoors or if redness or itching occurs.
- Apply sparingly to forehead. Sweat mixed with repellent may run into eyes causing irritation.
- The effectiveness of a sunscreen may decrease by approximately 33% when sunscreen and insect repellent are used together. Apply the sunscreen first, wait 15 to 30 minutes then apply insect repellent.

- Using a sunscreen with an SPF of at least 30 may help to make up for the decrease in effectiveness caused by the insect repellent.
- Pregnant and nursing mothers consult your physician.
- Apply to clothing rather than directly on skin when possible.
- Children should use lotions or sticks on skin rather than sprays to avoid breathing in the spray.
- Keep out of reach of children.
- For more information on specific insect repellent products go to [www.canada.ca](http://www.canada.ca) and search “insect repellents”.

## **Treatment of Mosquito Bites**

- Apply ice or cold cloth to the bite area.
- Use baking soda and water paste or calamine lotion to help stop the itching.
- Keep children’s fingernails short: scratching over a period of time may cause infection.

## **Reduce mosquito populations by:**

- Draining any standing water (such as old tires, wading pools, and eaves troughs). Empty and clean bird baths twice weekly.
- Aerating ornamental ponds and stock fish that eat mosquito larvae.
- Covering rain barrels with screening. Mesh size should be less than 1.5 mm.
- Keeping grass cut short.
- Keeping swimming pools cleaned and chlorinated. Ensure water does not pool and stagnate on the pool cover.

| <b>DEET Recommendations</b> |   |
|-----------------------------|---|
| <b>Age</b>                  | <b>Recommendation</b>   |
| 0 – 6 months                | Not recommended   |
| 6 months – 2 years          | 10% or less <ul style="list-style-type: none"> <li>• Limit use to once a day; avoid hands and face</li> </ul>   |
| 2 years – 12 years          | 10% or less <ul style="list-style-type: none"> <li>• No more than 3 times per day, avoiding parts of the hands which may have contact with eyes or mouth</li> </ul> |
| Pregnant or nursing mothers | Consult physician   |

| <b>DEET Percentage</b> | <b>Effectiveness</b> |
|------------------------|----------------------|
| 5%                     | 2 hours              |
| 10%                    | 3 hours              |
| 15%                    | 5 hours              |
| 30%                    | 6 hours              |

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For more information contact  
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