



## FACT SHEET: West Nile Virus – Personal Protection

**To reduce the annoyance of mosquito bites and to prevent transmission of mosquito-borne infections, a few common sense measures should be followed. These include:**

- Avoid shaded areas where mosquitoes may be resting.
- Limit evening outdoor activity when mosquitoes are most active.
- Wear protective clothing such as long sleeved shirts and pants.
- Eliminate standing water in your yard which can be mosquito breeding areas.
- Maintain window and door screening to keep mosquitoes out of buildings.
- Use insect repellents. Repellents that contain 20 to 30 percent *DEET* can be very effective in preventing insect bites. Use repellents only as directed – using more *DEET* than necessary will not improve protection but may increase the likelihood of adverse reactions. Do not use repellents on infants.
- Avoid applying repellent to children under 2 years of age, and to the hands of older children because repellents may irritate the eyes and mouth.
- Spray clothing with repellents containing *Permethrin* or *DEET*, because mosquitoes may bite through thin clothing. Whenever you use an insecticide or insect repellent, be sure to read and follow the directions.

Wash off repellent after coming indoors!

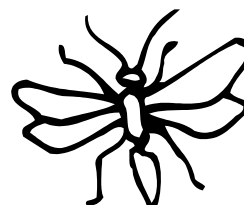


FOR MORE INFORMATION VISIT OR CONTACT:

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[www.stclaircounty.org/offices/health/updates.asp](http://www.stclaircounty.org/offices/health/updates.asp)  
[www.michigan.gov/westnilevirus](http://www.michigan.gov/westnilevirus)  
[www.cdc.gov](http://www.cdc.gov)

### Area spraying of adult mosquitoes is only a temporary solution



Citronella plants and electronic repellants have not been proven to be effective under normal use conditions. Even “bug zappers” are of questionable value due to the fact that they may attract mosquitoes from other areas and many of the insects killed by zappers are actually beneficial to the environment.

Although some mosquitoes can fly miles searching for breeding sites, most mosquito problems are “home grown”. With a little persistence and effort, the homeowner can minimize the nuisance and reduce the health threat posed by mosquitoes.