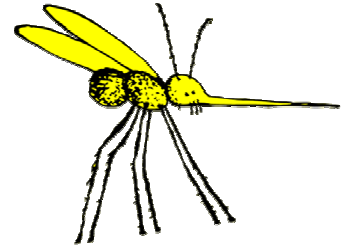




Oswego County Health Department

# Fight The Bite!



**Mosquitoes can carry diseases such as EEE and West Nile Virus.**  
The *best defense* is to protect yourself from mosquito bites.

## Use Insect Repellent

Apply on exposed skin when you go outdoors. Use an EPA-registered insect repellent such as those with DEET, picardin, or oil of lemon eucalyptus. Always read and follow all directions and precautions on the product label.

## Wear Long-sleeves and Pants

When possible, wear long-sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Do not apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.



## Be Aware of Peak Mosquito Hours

The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take extra care to use repellent and protective clothing during evening and early morning — or consider avoiding outdoor activities during these times.

## Install or Repair Screens

Keep mosquitoes from entering your home with secure, intact screens on windows and doors.

## Drain Standing Water

Eliminate mosquito breeding sites by emptying standing water from flower pots, buckets, barrels, and other containers near your home. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when not in use.

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Oswego County Health  
[www.oswegocounty.com](http://www.oswegocounty.com)  
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Oswego County Health Department  
70 Bunner St.  
Oswego, NY 13126  
Phone: 315-349-3547