Prevent the **Bite!** Day & Night

**BBQs, gardening, swimming pools and hikes...and mosquitoes!**

Enjoy the outdoors, but remember to protect yourself, your family, and your pets from mosquito-borne diseases. Your best defense against being bitten is simply to be prepared. Help “Prevent the Bite.”

1. **When outdoors, prevent mosquito bites by using an EPA-registered insect repellent that contains one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus/PM, or 2-undecanone. Follow product instructions.**

2. **When weather permits, wear long sleeves, long pants, and socks. For infants, place mosquito netting over infant carriers, cribs, and strollers.**

3. **Don’t feed the storm drain. Sweep lawn clippings, leaves and tree limbs from sidewalks and driveways.**

4. **Once a week, empty, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.**

5. **Install or repair screens on windows and doors to keep mosquitoes outside. Use your air conditioning, if possible.**

6. **Household pets can be exposed to West Nile virus (WNV). Contact your veterinarian for more information.**