

# Protecting your family



**Information for residents of communities at moderate risk for Eastern equine encephalitis (EEE)**

**Take action to prevent mosquito bites.** People of all ages are at risk for EEE. Risk for mosquito-borne illness will continue until the first hard frost in your area. A hard frost is when temperatures fall below 28° F for several hours.

**Limit time outside from dusk to dawn:** Dusk (early evening) to dawn (early morning) are peak biting times for many species. It's best to stay inside during these hours. If you go outdoors, take extra care to use repellent and protective clothing in the evening and early morning.

**Use mosquito repellent** labeled as being effective against mosquitoes every time you are outdoors – even waiting for the bus, walking to school, or during outdoor sports practices. Being outside and unprotected for a short time can be long enough to get a mosquito bite. Effective ingredients include DEET, picaridin and oil of lemon eucalyptus. Carefully follow directions on the label:

- > Do not use DEET products on infants younger than 2 months.
- > Use DEET only in concentrations of 30% or less.
- > Do not use oil of lemon eucalyptus on children younger than 3.
- > Permethrin, a product that is applied to clothing or gear, is also very effective.

**Be aware of mosquitoes around you.** If they're biting, re-apply repellent or go inside. Cover your skin: wear long-sleeved shirts, long pants, socks and shoes, hat and head net when possible if you're outside when mosquitoes are biting.

**Use mosquito netting** to cover baby carriages and outdoor play spaces with mosquito netting. **Repair screens** and make sure they are tightly attached to doors and windows.

**Remove standing water** from ditches, gutters, old tires, trash barrels, wheel barrows and wading pools. Mosquitoes can begin to grow in any puddle or standing water that lasts for more than four days, so don't let water collect around your home. Dump any standing water twice a week.

**Avoid camping overnight near freshwater swamps or wetlands.** If you do go camping, use a tent with mosquito netting, wear protective clothing and use mosquito repellents.

**Questions about mosquito control?** Contact the Vermont Agency of Agriculture, Food & Markets  
802-828-1319 • [vermontagriculture.com](http://vermontagriculture.com)

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**For more information** – [healthvermont.gov](http://healthvermont.gov)  
**EEE Information Line: 800-913-1139**

