

Mosquitoes can spread dangerous diseases like Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV). Schools and childcare centers can lower the risk of mosquito-related illnesses by using good pest control practices. These include managing the grounds to get rid of places where mosquitoes breed, scheduling outdoor activities when mosquitoes are less active, and teaching everyone to wear protective clothing and safely use insect repellent.

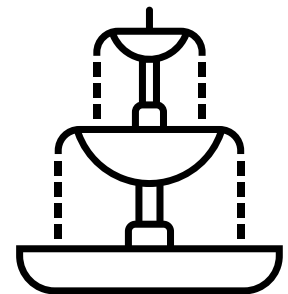


What are the Health Risks?

In Vermont, mosquitoes start appearing in the spring but don't usually pose a health risk until summer. By July, some mosquitoes may carry viruses like WNV and EEE. The risk is lower when it's below 60°F, but mosquito bites remain a threat until the first hard frost. The best way to prevent diseases is to avoid mosquito bites and control mosquito populations.

Tips for Managing School and Childcare Grounds

Mosquitoes breed in standing water that lasts more than four days. To reduce mosquitoes, remove or empty anything that collects water. This includes cans, pots, tires, clogged gutters, wading pools, birdbaths, and more. You can also aerate ponds or stock them with fish and ensure that swimming pools are properly maintained. Use landscaping to prevent water from pooling and keep the grass short and bushes trimmed.



Monitoring and Avoiding Mosquitoes

The Vermont Health Department provides regular updates on mosquito activity during summer and early fall. Work with administrators to decide if outdoor events should be rescheduled when mosquito activity is high. Teach students, families, and staff to protect themselves by wearing long sleeves and pants, treating clothing with permethrin, using mosquito netting, and applying insect repellent.

Insect Repellents

Use EPA-registered insect repellents for safety and effectiveness. Schools should have a policy or protocol for using repellents, such as if parental permission is required or if the students can apply themselves. Parents can also apply repellent to their children before school. DEET is a safe and effective repellent; use products with low amounts of DEET (no more than 30%) for children. Be cautious when using repellent on children's hands and faces to avoid contact with their eyes or mouths.



Additional Resources

- [How to Choose an Insect Repellent for Your Child - HealthyChildren.org](#)
- [Mosquitoes and Schools | US EPA](#)
- [Using Insect Repellents Safely and Effectively | US EPA](#)
- [DEET General Fact Sheet \(orst.edu\)](#)
- [Avoid bug bites | Travelers' Health | CDC](#)
- [Insect Repellents \(aap.org\)](#)
- [Repellents: Protection against Mosquitoes, Ticks and Other Arthropods | US EPA](#)