



# PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread West Nile virus and other diseases



## Take caution at night

Mosquitoes in Vermont are most active between dusk and dawn.



## Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Empty and clean objects that hold standing water.



## Wear protective clothing

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.



## Use insect repellent

Check the EPA.gov website for safe and effective repellents. Follow instructions on the label. Apply to skin before going outside.

Avoid mosquito bites when you travel to an area with Zika virus. For more information:  
[healthvermont.gov/mosquito](http://healthvermont.gov/mosquito)