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