

# Reduce Your Exposure to Mosquitoes

## Why do we want to reduce mosquito exposure?

- Mosquitoes carry and transmit several diseases that infect humans and animals, like dogs, birds, and horses.
- In Alabama, mosquitoes transmit arboviral diseases and encephalitis from West Nile Virus (WNV), eastern equine encephalitis (EEE), St. Louis encephalitis (SLE), and LaCrosse encephalitis (LAE).
- Mosquitoes can transmit malaria, dengue, and yellow fever less commonly.
- Mosquitoes do not carry AIDS/HIV, leukemia, or hepatitis.

## What are the ways to reduce exposure?

- Stay indoors, especially during dusk and dawn, when mosquitoes are most active.
- If you must go outside wear tightly woven loose fitting clothing and insect repellent.
- Wear enough insect repellent to cover skin and clothes that contains one of the following DEET, Picaridin, Oil of Lemon Eucalyptus/PMD, or IR3535.
  - Do not use repellents under clothing.
  - Never use repellents over cuts, wounds, or irritated skin.
  - Spray repellent on hands first and then apply to face and do not apply to eyes, mouth, and apply sparingly around ears.
  - For children, apply repellent to your own hands first and then put it on the child.
  - After returning indoors, wash treated skin and clothes with soap and water.
- If you or your child has a reaction, like a rash, to insect repellent, stop using, wash it off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor, take the repellent with you.
- Keep window and door screens shut and in good condition. Repair holes.
- Inspect your yard for places a mosquito could use to breed
  - Dispose of containers that collect water, like buckets, cans, bottles, and jars
  - Repair leaky pipes and outside faucets, unclog drains and gutters
  - Empty and scrub birdbaths, pet bowls, and animal troughs to get rid of mosquito eggs.
  - Discard unused tires, wheelbarrows, tubs, wading pools, or store them under covers when not in use.
  - Keep weeds, vines, and grass trimmed
  - Fill tree holes with sands or mortar
  - Change water in vases and pots holding flowers twice weekly

## Where can I find more information?

- Go to [cdc.gov](http://cdc.gov) and type Arboviral in SEARCH box.



Alabama Department of Public Health

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800-338-8374 [www.alabamapublichealth.gov/infectiousdiseases](http://www.alabamapublichealth.gov/infectiousdiseases) 11/01/2017