



MOSQUITOES CAN GIVE YOU WEST NILE VIRUS

Mosquitoes in Washington State can give you West Nile virus. Most people who get West Nile virus don't get sick, but some people get very sick and can die. People over age 50 are at highest risk.

The best way to prevent West Nile virus is to prevent mosquito bites.



COVER WINDOWS AND DOORS

Put screens on windows and doors to keep mosquitoes out of your home. Repair broken screens.



USE INSECT REPELLENT

Insect repellent is safe! Wearing insect repellent is a good way to prevent mosquito bites. The Environmental Protection Agency (EPA) recommends these active ingredients:

- DEET
- Picaridin
- IR 3535
- Oil of lemon eucalyptus (also known as OLE)
- Para-menthane-diol (also known as PMD)



Repellents, including those with DEET, are safe for people who are pregnant or breastfeeding. Repellents containing DEET, picaridin, and IR 3535 are safe to use on children as young as 2 months of age, and those containing OLE or PMD should only be used on children age 3 and older.

TIPS FOR USING INSECT REPELLENT

Follow directions on the label. Here are other tips to follow when using insect repellent:



- Apply repellent lightly, only to exposed skin, and not to clothing
- Keep repellent away from eyes, nose, and mouth
- Be sure to apply repellent to feet, ankles, and behind the knees
- Use your hands to apply the repellent to your face, neck, outside of ears and exposed skin or bald areas on top of the head
- Don't apply repellent on children's hands— apply to your own hands and then put it on the child
- Don't apply repellent on open wounds or irritated skin
- Put on sunscreen first, then apply repellent



WEAR PROTECTIVE CLOTHING

Wear long pants, long sleeve shirts, and socks, especially in the evening when mosquitoes that carry West Nile virus are most active.

If you work outside or are going to be outside for extended time (e.g. camping), consider wearing clothing treated with permethrin, a chemical that kills mosquitoes and ticks but is safe for humans.

REDUCE STANDING WATER TO FIGHT MOSQUITOES

Mosquitoes lay eggs in open, still water. Get rid of water around your home to prevent mosquitoes from multiplying:



1. Turn over or cover large items like buckets, wheelbarrows, boats, and garbage cans
2. Tip out small containers that could hold water like toys, empty flower pots, and plant saucers
3. Discard or drill holes in used tires
4. Clean gutters and drain flat roofs
5. Change water in birdbaths and kid pools at least once a week
6. Cover rain barrels with screens
7. Keep swimming pool water treated and circulating
8. Drain water from pool and hot tub covers and dump water off tarps and plastic sheeting
9. Plug tree holes that are holding water. Use expandable foam instead of sand, gravel, or concrete. Don't drill drain holes in the tree.
10. Adding bleach or vegetable oil to standing water **will not** help fight mosquitos.



DON'T USE LARVICIDES OR PESTICIDES

The best way to get rid of mosquitoes and protect yourself from mosquito bites is to reduce standing water and wear repellent and protective clothing. We don't recommend spraying mosquito pesticides or using larvicides (pesticides you put in standing water to kill mosquito eggs) because they're hard to use effectively.

For more information about pesticide permits and licensed applicators, visit: <https://agr.wa.gov/services/inspections-and-investigations/investigations/pesticide-compliance>



For more information: kingcounty.gov/wnv/mosquito

Updated 7/1/19