

# MOSQUITO BITE PREVENTION

## STEPS YOU CAN TAKE TO REDUCE YOUR CHANCE OF GETTING BITTEN:



When weather permits, wear long-sleeved shirts and pants.



Stay in places with air conditioning and window and door screens to keep mosquitoes outside.



Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.



Mosquitoes lay eggs near water. Regularly empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers.



Region 4 Schools, Essex Little League, and Essex Park & Recreation have modified and rescheduled their outdoor events and programs to end by 6:00pm. Many other local hiking, sailing, and kayaking clubs have also revised their outdoor activities to end by 6:00pm.

Mosquitoes continue to be active until the first hard frost which occurs in mid-late October. Until then, follow best practices to prevent mosquito bites and reduce the mosquito population around your home.