



# Fight the Bite

Aside from being itchy and annoying, the bite of an infected mosquito can spread diseases such as Zika, West Nile Virus (WNV), La Crosse Encephalitis Virus (LAC) and Eastern Equine Encephalitis Virus (EEE) .

Protect yourself and your family by following a few simple steps.

## How Can You Fight the Bite?

- Use insect repellents that contain DEET (or the equivalent) according to package directions. Do not use insect repellents on babies younger than 2 months old. Do not use products containing oil of lemon eucalyptus or p-menthane-3, 8-diol (PMD) on children younger than 3 years old.
- When possible, wear long sleeve shirts and long pants.
- Mosquito-proof your home by installing or repairing screens on windows and doors to keep mosquitoes outside, and use air conditioning if you have it.
- **Tip and Toss**—Once a week, empty and scrub, turn over, cover or throw out items that hold water, such as tires, buckets, planters, toys, rain gutters, pools, birdbaths, flowerpots or trash containers.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- Check outdoor faucets and septic tanks to make sure they are in good repair.
- Avoid activities in areas with lots of mosquitoes, and going outdoors at dawn and dusk when mosquitoes are most active.



*From the Lodge to the Lighthouse*  
We're striving for a healthier Hyde