



Pamphlet developed by the Town of Sunderland with information from the following sources:

- Center for Disease Control and Prevention's Mosquitoes webpage and informational material
- The Massachusetts Department of Public Health's Mosquito-borne Diseases webpage and informational material
- The National Pesticide Information Center's Mosquito webpage and informational material.



Contact Us

If you have questions or would like additional information about mosquitos in Sunderland, please contact us at:

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Preventing Mosquito Bites

Town of Sunderland

Massachusetts



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Additional Resources

Centers for Disease Control



The CDC's Mosquitoes webpage includes information about mosquito habitats, mosquito-borne illnesses, controlling mosquito populations, and how to treat and prevent mosquito bites.

<https://www.cdc.gov/mosquitoes/index.html>

Massachusetts Department of Public Health



The Massachusetts DPH's Mosquito-borne Diseases webpage provides information on West Nile Virus and Eastern Equine Encephalitis, risk and activity maps for both diseases, as well fact sheets, testing data and more.

<https://www.mass.gov/mosquito-borne-diseases>

National Pesticide Information Center



The National Pesticide Information Center's Mosquito webpage offers useful information on pesticides for mosquito control, insect repellents, non-chemical options, and quick tips.

<http://npic.orst.edu/pest/mosquito/index.html>

Home, Children & Animals

Protecting Your Home



- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water. Empty, cover, or throw out or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers weekly.

Protecting Children



- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Cover arms and legs or cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut/irritated skin.
- Avoid products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

Protecting Animals



- Keep animals indoors during peak periods of mosquito activity (dusk and dawn).
- Apply mosquito repellents approved for use in animals.
- Read the product label before using,

Why Mosquito Protection Matters

Mosquitoes can spread diseases that make you sick. In Massachusetts, mosquitoes can give you eastern equine encephalitis (EEE) virus and West Nile virus (WNV). Only a small number of mosquitoes are infected at any given time, so being bitten by a mosquito does not mean you will get sick. However, the best way to avoid both of these illnesses is to prevent mosquito bites.

Eastern Equine Encephalitis (EEE)

EEE is a rare but serious disease. Symptoms include high fever, stiff neck, headache, and lack of energy. Swelling of the brain, called encephalitis, is the most dangerous complication, and can cause coma and death. Most cases in Massachusetts occur in the southeastern part of the state but recently, there has been an increase in cases occurring in other parts of the state.

West Nile Virus (WNV)

West Nile virus infections are more common than EEE, but most WNV infections do not cause any symptoms. Mild WNV infections can cause fever, headache and body aches, often with a skin rash and swollen lymph glands. A small number of people (less than 1 out of 100) who get infected with West Nile virus develop more serious illness; this is more common in people over the age of 50. Symptoms of serious illness can include headache, high fever, stiff neck, confusion, muscle weakness, tremors (shaking), convulsions, coma, paralysis, swelling of the brain, and sometimes death.



See your doctor if you develop these symptoms.

Use Insect Repellent

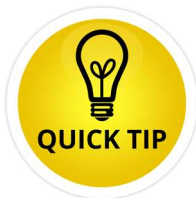


Use Environmental Protection Agency (EPA)-registered insect repellents external icon with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

Find the right insect repellent for you by using EPA's search tool:

<https://www.epa.gov/insect-repellents/find-repellent-right-you>



Always follow the product label instructions.

Treat Clothing & Gear



Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.

- Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin. Always follow product label instructions.



Do not spray repellent on the skin under clothing

If you are also using sunscreen, apply sunscreen first and insect repellent second.