

**PROTECT YOUR HOME, YOUR FAMILY, AND  
YOURSELF FROM WEST NILE VIRUS  
A MOSQUITO TRANSMITTED DISEASE  
Envir. Health & Safety Fact Sheet**

**ACTIVITIES**

- Avoid outside activity at dawn and dusk when mosquitoes are most active. This is very important for the elderly and small children.

**SCREENS AND CLOTHING**

- Make sure that doors and windows have tight fitting screens that are in good repair so mosquitoes can not get inside.
- Wear long pants and long sleeved shirts and apply insect repellent when outside. Be sure and use insect repellent safely and follow label instructions.

**STANDING WATER:**

- Control mosquitoes from breeding by eliminating standing water around your home.
- Unclog canales so that water does not accumulate on the roof.
- Maintain gutters so they do not clog and serve to breed mosquitoes.
- Maintain drainage ditches so they do not clog and breed mosquitoes.

**REFUSE CONTAINERS:**

- Eliminate uncovered refuse containers and junk piles where water can collect and mosquitoes breed.

**USING INSECT REPELLENTS SAFELY**

**REPELLENTS PRODUCTS**

- For longest lasting protection from mosquito bites, use insect repellent products with no more than 20 -30% DEET for adults and less than 10% for children aged 2 to 12 years.
- If you choose not to use DEET products containing soybean oil or eucalyptus oil have been found to be effective, but must be applied more often because they do not repel mosquitoes for as long as DEET.
- Products containing Skin so Soft or citronella were not shown to be as effective, lasting on average about 20 minutes or less.

**REPELLENT USE**

- Only adults should apply repellent on children.
- Only apply repellent to exposed skin and clothing. Do not use repellent under clothing.
- Do not apply repellent over cuts, wounds, sunburn or irritated skin.
- Spray repellent on your hands in order to apply it to your face. Don't apply repellent to your eyes or mouth.
- Wash off repellent daily and reapply as needed.

Fact sheet based on information provided to NMSU EH&S by NMDOH. For more information about mosquitoes and mosquito-borne disease, contact the New Mexico Department of Health, Office of Epidemiology at 505-827-0006, 8 am to 5 pm Monday through Friday (<http://www.health.state.nm.us/index.html>)