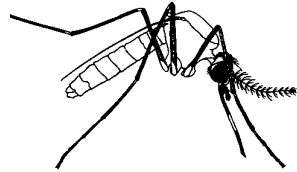


Reducing Mosquitoes Around Your Home and Community

New Mexico Department of Health

- Mosquitoes carry diseases such as encephalitis, malaria and dog heartworm.
- Mosquitoes lay their eggs in standing or slow-moving water. Weeds, tall grass and bushes provide shelter for mosquitoes. They can enter homes through unscreened windows or doors.



Control Mosquitoes by:

- Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes.
- Dispose of tires, buckets, ceramic pots, plastic containers or similar water-holding containers.
- Keep water-holding unit in swamp coolers clean.
- Tightly cover cisterns, septic tanks and all water storage containers.
- Clean rain gutters regularly.
- Empty and wash birdbaths and wading pools weekly.
- Clean and chlorinate swimming pools; drain water from pool covers.
- Stock garden ponds with goldfish or mosquito fish. They eat the mosquito eggs and larvae.
- Remove weeds and brush that provide resting places for adult mosquitoes.
- Properly grade surface-irrigated fields. Do not over-irrigate your fields and pastures.
- Clean vegetation and debris from canals, ditches, laterals and drains.



Avoid mosquito bites to avoid infection:

If you are outside from dusk to dawn when mosquitoes are most active, or during the day where there are weeds, tall grass or bushes, wear protective clothing such as long pants, loose-fitting, long-sleeved shirts and socks, and consider the use of an insect repellent containing DEET.

- *Use insect repellent sparingly on exposed skin and clothing; do not apply to skin covered by clothing.*
- *Use repellents containing up to 35% DEET for adults and no more than 10% DEET for children. DEET in high concentrations (greater than 35%) provides no additional protection. Bite Blocker for Kids[®] is an effective alternative for children or others who choose not to use DEET.*
- *Always use insect repellents according to the label directions.*
- *Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing.*
- *Wash all treated skin and clothing with soap and water after returning indoors.*
- *Do not apply repellent to children less than 2 years old. Repellents may irritate the eyes and mouth, so avoid applying repellent to the hands of children.*
- *Never use repellent over cuts, wounds, or irritated skin.*
- *Store repellents out of reach of children.*



Note: Vitamin B and "ultrasonic" devices are NOT effective in preventing mosquito bites.

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.