



## Reduce Mosquito Population

- Mosquitoes breed in standing water. Get rid of standing water around your home – old tires, toys, flowerpots, clogged rain gutters, bird baths, etc., can all collect water.
- Add mosquito-larvae eating fish to your ornamental pond or fountain.
- Change birdbath water twice every week.



## Reduce Exposure to Mosquitoes

- Wear long-sleeved shirts, long pants, and socks in areas or times of high mosquito activity.
- Repair or install screens on windows and doors to stop mosquitoes from entering.
- Reduce activities after dusk and before dawn. These are peak mosquito feeding times.

## Discourage Mosquitoes From Biting

- Apply insect repellent containing DEET from dusk to dawn.



Brochure produced by  
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## WEST NILE VIRUS HOTLINE (801) 451-3660

### West Nile Virus information links

#### Human Health

- Davis County Health Department at <http://www.daviscountyutah.gov/health/>
- Utah Department of Health at <http://health.utah.gov/wnv/>
- Centers for Disease Control and Prevention at <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

#### Mosquito Prevention

- Mosquito Abatement District-Davis at <http://www.davismosquito.org/>

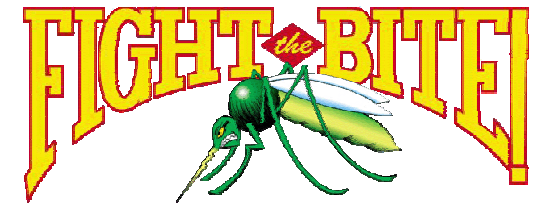
#### Animal Health

- Utah Department of Agriculture and Food at [http://ag.utah.gov/wnv/wnv\\_home.html](http://ag.utah.gov/wnv/wnv_home.html)

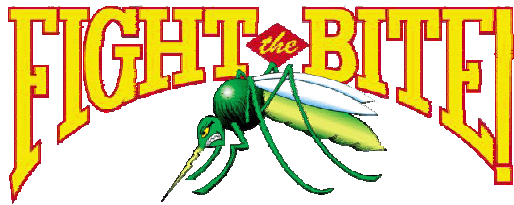
#### Dead Bird Reporting

- Utah Division of Wildlife Resources at [http://www.wildlife.utah.gov/wnv/bird\\_id.html](http://www.wildlife.utah.gov/wnv/bird_id.html)

How do you



Tips to repel  
 West Nile Virus



**What are the recommendations for DEET-containing repellents and sunscreen?**

- These products can and should be used together as separate products. Follow the instructions on the package for proper application of each product.
- Apply sunscreen first, then insect repellent containing DEET.
- The Centers for Disease Control and Prevention (CDC) recommends NOT using a combination sunscreen/DEET-based repellent. Sunscreen needs to be reapplied often while DEET does not. Using a combination product may increase exposure to DEET.

**Where should I apply DEET-containing repellent?**

Read and follow all instructions on product label before applying. In general, DEET-containing repellent can be applied to:

- Outer clothing and shoes.
- Exposed skin. Do NOT apply to skin under clothing.
- Do NOT apply to cuts, rashes, sunburned skin, or skin conditions such as psoriasis.
- Do NOT apply directly to face. First put product on hands, then apply to face. Avoid contact with eyes, nose, and mouth.
- Do NOT apply repellent in rooms without ventilation.
- Wash treated skin with soap and water upon returning indoors. Wash treated clothes separately.

**Facts about DEET**

**What is DEET?**

DEET (N,N-diethyl-m-toluamide) is a chemical in repellents that discourages mosquitoes from biting. It has been available to the public since 1957 and there have been only a handful of toxic exposures when properly used.

**Are repellents containing DEET safe for pregnant women or women who are breastfeeding?**



Yes! DEET-containing repellents are safe for both pregnant women and women who are breastfeeding. Use of repellents with DEET is encouraged to reduce exposure to mosquito bites.

**What percentage of DEET is effective and what should I use?**

Any amount of DEET is effective, but the greater the percentage the longer the protection lasts. Generally a percentage of 10-35% is recommended.

**What are the possible adverse effects of DEET use?**

DEET can be absorbed through the skin into the body and may occasionally cause skin rash, irritation, or itching, eye irritation, and rarely, slurred speech, confusion, and seizures. To reduce exposure to DEET, only use what and how much you need. If you believe you are having an adverse reaction to DEET, wash the treated area and contact your health care provider.

**Is DEET safe for children?**

Yes! DEET is the most effective repellent available and is safe for children two months of age and older. Here are the usage guidelines from the *American Academy of Pediatrics*:

Age group	% DEET allowed	Frequency of application
Under 2 months	None	None
2 months-2 years	10% or less	One time per day
2 years-12 years	10% or less	Follow product directions
Older than 12 years	Not greater than 35%	Follow product directions

- Do not allow children to apply DEET themselves.
- When applying DEET, avoid putting it on the child's hands or face and only sparingly around the ears.