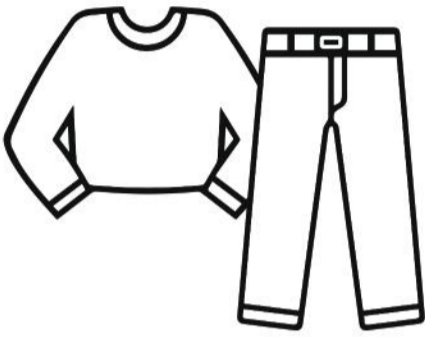




a neighborly company

Protect yourself from mosquito bites.

Wear protective clothing



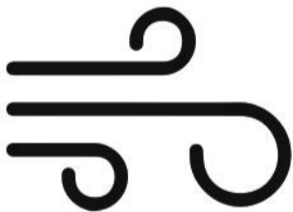
- Wear long sleeved shirts and long pants.
- For extra protection, purchase permethrin treated clothing or treat clothing with permethrin.
- Wear light colored clothes.

Mosquito proof your home



- Use screens on doors and windows, repair holes in screens.
- Remove standing water around home to prevent mosquitoes from breeding.
- Twice a week, empty items that hold water, such as bird baths, flowerpots, baby pools, and buckets.

Stay in the breeze



- Pick a spot with a light breeze, or use a fan to make it difficult for the nearby mosquitoes to fly.

Avoid peak mosquito hours



- Most mosquito species activity occurs in the morning and early evening (dusk and dawn).

Use insect repellent



- Choose insect repellent containing active ingredients of DEET, picaridin, oil of lemon eucalyptus, or 2-undecanone.

FOR MORE INFORMATION VISIT:
WWW.CDC.GOV/ZIKA/PREVENTION/PREVENT-MOSQUITO-BITES.HTML
WWW.EPA.GOV/INSECT-REPELLENTS/FIND-INSECT-REPELLENT-RIGHT-YOU

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