

PREVENT DISEASES CAUSED BY MOSQUITO BITES

To avoid being bitten by mosquitoes and getting sick from West Nile virus (WNV) or Eastern Equine Encephalitis (EEE):

- Limit outside activity between evening and dawn when mosquitoes are likely to bite
- Wear long pants, long-sleeved shirts, a hat, and socks if outside
- Use bug spray (insect repellent) when outside
- Use an insect repellent with DEET:
 - For children and adults use 30% or less DEET
 - Picaridin or oil of lemon eucalyptus may be used instead of repellents containing DEET
 - USE REPELLENTS ACCORDING TO DIRECTIONS ON BOTTLE (Adults should apply repellent to young children)



For more information, contact the New Hampshire Department of Health and Human Services WNV & EEE information line at 1-866-273-6453 or visit our website at www.dhhs.nh.gov

