

PROTECT YOURSELF FROM MOSQUITO BITES

Prevent bites. Prevent illness. Stay healthy.



REPEL

Use an EPA-registered repellent.



COVER

Wear protective clothing.



DRAIN

Eliminate standing water.



RECOGNIZE

Know the signs and symptoms.



SEEK CARE

Don't delay if symptoms are persistent or worsening.

Employees who work outdoors or spend extended time in agricultural, field, wooded, or wet environments may have greater exposure to mosquitoes. Mosquitoes can bite during the day and night and may transmit illnesses such as dengue, West Nile virus, Zika virus, and other mosquito-borne diseases.

USE AN EFFECTIVE REPELLENT

Choose an EPA-registered insect repellent. Effective active ingredients include:

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE) or PMD
- 2-undecanone



- Reapply as directed on the label.
- If using sunscreen, apply sunscreen first and repellent second.
- Do not apply repellent underneath clothing.

DRESS FOR PROTECTION

- Wear loose-fitting, long-sleeved shirts and long pants when conditions permit.
- Wear socks and closed-toe shoes.
- Consider clothing and gear treated with 0.5% permethrin, including pants, socks, boots, and other work gear.
- Never apply permethrin directly to your skin.
- Follow all product instructions when treating clothing or equipment.



**COVER UP.
IT WORKS.**

ELIMINATE STANDING WATER



Mosquitoes lay eggs in or near water. At least once each week:

- Empty, scrub, turn over, cover, or discard items that hold water.
- Check buckets, tires, tarps, planters, wheelbarrows, equipment, trash containers, and other outdoor materials.
- Keep water-storage containers tightly covered.
- Report standing water that cannot be safely eliminated through your unit's appropriate facilities, grounds, or safety contact.



**NO STANDING WATER.
NO MOSQUITOES.**



SIGNS AND SYMPTOMS

Mosquito-borne illnesses can range from mild to severe. Seek medical care if you develop any of the following after mosquito exposure:



Fever



Headache



Pain behind the eyes



Muscle, bone or joint pain



Rash



Nausea



Vomiting



Diarrhea



Unusual fatigue or weakness



Bleeding (e.g., nose or gums)

Symptoms can range from mild to severe. In some illnesses, warning signs may appear as the fever begins to go away. **A significant drop in platelet count can occur.**



SEEK MEDICAL CARE PROMPTLY

Seek medical care if you experience any of the following:

- Persistent or severe vomiting
- Severe abdominal pain or tenderness
- Inability to keep fluids down or signs of dehydration (e.g., significantly decreased urination, dizziness)
- Difficulty breathing, confusion, or altered mental status
- Bleeding (e.g., nose or gums, blood in vomit or stool)
- Rapidly worsening symptoms or extreme fatigue/restlessness

Drinking water or electrolyte-containing fluids is important during mild illness, but **do not delay medical evaluation if symptoms are persistent or worsening.** You may require laboratory testing and treatment, including IV fluids, based on your clinical condition.

If you seek care, tell the healthcare provider about your mosquito exposure, outdoor work, and any recent travel.

