

Advice from the Massachusetts Department of Health:

Personal protection measures which reduce exposure of skin to mosquitoes are the **mainstay of prevention**.

**Protect Yourself from Mosquitoes**  
Mosquitoes can spread diseases that make you very sick. Take steps to prevent mosquito bites.

Use an EPA-approved repellent anytime you're outdoors.

Wear long pants, long sleeves and socks to reduce exposed skin outdoors.

Repair torn screens early in the season to keep mosquitoes outdoors.

Remove standing water around the house to prevent mosquitoes from breeding.

Dusk to dawn is peak biting time for mosquitoes that carry disease.

Know your risk: stay informed throughout mosquito season.

For more information about each of these important steps, go to:  
[www.mass.gov/MosquitoesAndTicks](http://www.mass.gov/MosquitoesAndTicks)

Massachusetts Department of Public Health  
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