

Be a Skeeter Defeater.

Mosquitoes can spread viruses such as West Nile and eastern equine encephalitis to humans. Reduce your risk by eliminating mosquito breeding sites and protecting yourself from mosquito bites.



Eliminate mosquito breeding sites:

- ◆ Empty or recycle containers in your yard that can collect water, like tires, buckets, and bottles.
- ◆ Change water in pet bowls and bird baths at least twice a week.
- ◆ Cover unused swimming pools.
- ◆ Clean clogged rain gutters.
- ◆ Repair leaky outdoor faucets.

Protect yourself from mosquito bites:

- ◆ Wear long-sleeved shirts and pants.
- ◆ Avoid being outdoors when there are a lot of mosquitoes, such as at dawn and dusk.
- ◆ Avoid areas where there are lots of mosquitoes.
- ◆ Use repellents with DEET (30% or less for adults, 10% or less for children) to prevent mosquito bites, following label instructions.

For more information contact your local health department or the NC Public Health Pest Management (PHPM) Section at (919) 733-6407. You may also view PHPM's web site at <http://www.deh.enr.state.nc.us/phpm/index.html>

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