



Iowa Department of Public Health Center for Acute Disease Epidemiology

Mosquito Bite Prevention

Recommendations to mosquito proof yourself and your home.

Avoid mosquito bites by:

- Applying insect repellent to exposed skin
- Wearing protective clothing such as long-sleeves, long pants, socks and shoes
- Being aware of peak hours of mosquito activity: dusk and dawn

CDC Approved/EPA Registered Mosquito Repellents:

1. **DEET**
 - The American Academy of Pediatrics recommends that repellents with DEET should not be used on infants less than 2 months old.
2. **Picaridin**
3. **Oil of Lemon Eucalyptus or PMD** (the synthesized version of oil of lemon eucalyptus)
 - Should not be used on children under three years of age
4. **IR3535**
5. **Permethrin** (Do **NOT** apply directly to skin)
 - This product is only recommended for use on clothing, shoes, bed nets, and camping gear.

What precautions should be taken when using insect repellents?

- Read and follow the directions on the product label.
- Apply repellent sparingly on exposed skin and/or clothing.
- Do not apply repellent near eyes, lips, or mouth.
- Never apply repellents over cuts, wounds, or irritated skin.
- Avoid using sprays in enclosed areas.
- Do not use repellents near food.
- Do not apply repellent to the hands of young children.
- Do not allow young children to apply repellent to themselves.
- After returning indoors, wash treated skin with soap and warm water.
- Avoid over-application. Heavy application is not necessary to achieve protection.
- Wash treated clothing before wearing again.

Can mosquito repellents be used with sunscreen?

Yes. Use both a sunscreen and an insect repellent when outdoors

- Follow the instructions on the package for proper application of each product
- If using separate products apply sunscreen first, followed by repellent

Mosquito proof your home by:

1. Installing or repairing window and door screens so that mosquitoes cannot get indoors
2. Emptying water (at least once or twice a week) from flower pots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans
3. Removing discarded tires, and other items that could collect water
4. Checking for clogged rain gutters and cleaning them out