

Know your **Risk for Mosquito Bites:**

- Age**: The very young, elderly, and those with compromised immune systems are more prone to stronger effects from mosquito bites.
- Time of Day**: Mosquito peak biting hours are from dusk until dawn
- Clothing**: The more skin exposed, the higher the risk for bites.
- Home**: Standing water can attract mosquito. No screens on windows allows for bugs to enter your home.
- Work**: If you spend large amounts of time outdoors, in wooded areas, or near water.



Mosquitos can bring disease. **Protect yourself and your family!**

REMEMBER:

- Wear long sleeve and long pants if possible
- Use a bug spray that has been approved by the EPA to combat mosquitos. (DEET, PMD, or lemon eucalyptus oil)
- Extra precaution from Dusk to Dawn
- Clean any standing water around your house or areas of congregation and use screens on all open windows and doors.

All information for this flyer was obtained through mass.gov/eohhs and cdc.gov.

If you have further questions please contact the Needham Health Dept at 781-455-7500 ext 511.

