



# Iowa Department of Public Health

## Division of Environmental Health

### Mosquito Prevention Check List

#### 1. Avoid mosquito bites by:

- Applying approved insect repellents (CDC approved repellants are listed below)
- Wearing protective clothing, such as long-sleeves, long pants, socks and shoes
- Being aware of peak hours of mosquito activity: dusk and dawn

#### 2. Mosquito proof your home by:

- Draining standing water to reduce where mosquitoes can lay eggs
- Installing or repairing screens for doors and windows to keep out mosquitoes

#### 3. Help the community by:

- Participating in mosquito control programs
- Cleaning up potential breeding sites

#### CDC Approved Mosquito Repellents:

- DEET
  - o Repellents that contain up to 10 percent DEET are safe for children
  - o Should not be used on children younger than two months of age
- Picaridin Oil of Lemon Eucalyptus\* or PMD
  - o Should not to be used on children under the age of three years
- IR3535
- Recommendations for use:
  - Read and carefully follow product label directions and precautions.
  - Apply repellent sparingly on exposed skin and/or clothing.
  - Never apply DEET underneath clothing.
  - Do not apply repellent near eyes, lips, or mouth.
  - Never apply DEET over cuts, wounds, or irritated skin.
  - Avoid using sprays in enclosed areas. Do not use DEET near food.
  - Do not apply repellent to the hands of young children.
  - Do not allow young children to apply repellents 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.