



For more information about EEE and West Nile Virus, please visit our website listed below or the MA DPH website at:

[www.mass.gov/eohhs/gov/departments/dph/](http://www.mass.gov/eohhs/gov/departments/dph/)

### **BCMCP Mission Statement**

To serve the communities by suppressing both nuisance and disease carrying mosquito populations to tolerable levels in the most environmentally sensitive and economical manner. We utilize a variety of methods in such a way to minimize potential effects on people, wildlife and the environment.

For more information, please visit:

[www.BristolCountyMosquitoControl.com](http://www.BristolCountyMosquitoControl.com)



Follow us on Twitter@  
**Bristol County MCP**

BCMCP  
140 North Walker St  
Taunton, MA 02780

[Recipient]  
[Street Address]  
[City, ST ZIP Code]



[www.BristolCountyMosquitoControl.com](http://www.BristolCountyMosquitoControl.com)

Tel (508) 823-5253  
Fax (508) 828-1868

# Bristol County Mosquito Control Project

## How to Protect Yourself from Mosquitoes



[www.BristolCountyMosquitoControl.com](http://www.BristolCountyMosquitoControl.com)

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## Why Protect Myself?

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**Mosquitoes can spread viruses that cause serious diseases. In Bristol County, we are most concerned about Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV).**

EEE is a rare but serious disease. Early symptoms include fever, headache, stiff neck and lack of energy. It can progress to an inflammation or swelling of the brain. There is a 33% mortality rate and serious debilitating health problems for those that survive. There is no specific treatment for EEE.

WNV The majority of people who are infected will not have symptoms. A small number will have symptoms such as fever, headache, body aches, and nausea. Less than 1% of infected people will develop severe illness, including encephalitis and meningitis. There is no specific treatment for WNV.



Children, seniors, and people with compromised immune systems are most at risk for contracting EEE and WNV.



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## Types of Repellants

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**The CDC recommends using products that contain DEET, Permethrin, Picaridin, or Oil of Lemon Eucalyptus.**

- DEET should not be used on infants. Children should use products with 30% or less concentrations of DEET. Products with concentrations higher than 30% do not give much additional protection but do last longer.
- Permethrin products are intended for use on items such as clothing, shoes, bed nets, and camping gear. They should not be applied on skin.
- Oil of Lemon Eucalyptus should not be used on children under the age of three.

**BE SURE TO READ THE INSTRUCTIONS ON THE LABEL OF ANY INSECT REPELLANT THAT YOU APPLY!**

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## When Applying Repellants

- Parents should apply repellent on their own hands and then smooth it on child's skin.
- Do not apply repellants to a child's mouth, eyes, hands, or over any wounds, cuts or irritated skin.
- Apply to all exposed skin as directed by the product label.
- After your outdoor activity, wash repellent-treated skin with soap and water.
- Always keep repellants out of the reach of children.
- Do not over apply or saturate skin.
- Do not apply to skin under clothing.

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## How to Avoid Bites

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- **Wear light-colored clothing** (mosquitoes are attracted to dark colors) and long-sleeved shirts and long pants when outdoors between dusk and dawn.
- **Use mosquito netting** on baby carriages, strollers and playpens for extra protection.
- **Avoid outdoor activity** between dusk and dawn when mosquitoes are most active.