

THE 4 "D"

DEET

Dress

Dusk & Dawn

Drain

DEET

Use insect repellent that contains at least 10% [DEET](#). If outside during evening, nighttime, and dawn hours, consider the use of an insect repellent containing 10% to 30% DEET (N, N-diethyl- methyl-meta-toluamide). Products with concentrations around 10% are effective for periods of approximately two hours.

Use DEET according to manufacturer's directions:

- DEET is not recommended for children under 2 months of age.
- Do not apply DEET directly to children, and do not apply it to children's hands. Apply to your own hands, then put it on the child.
- Apply DEET sparingly on exposed skin; do not apply under clothing.
- Do not use DEET over cuts, wounds, or irritated skin. Wash all treated skin and clothing after returning indoors.

Learn More About DEET:

- [Center for Disease Control and Prevention](#)
- [New England Journal of Medicine: Using DEET as a Mosquito Repellent](#)

Dress

Dress in long sleeves and long pants. If outside during evening, nighttime, and dawn hours when mosquitoes are most active and likely to bite, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.

Dusk & Dawn

Reduce or eliminate outdoor activity between dusk and dawn.

Make sure windows are closed or screened.

Most mosquito species are actively searching for a blood meal in the evening hours from just before dark until 2 to 3 hours after dark. During the daytime the females normally rest in cooler vegetated areas where the humidity is higher and they are protected from drying out. Females will often bite in the daytime if humans or animals invade the wooded areas where they are resting.

Drain

Make sure to drain standing water around your home.

- Remove all discarded tires from your property.
- Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers.
- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.
- Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep empty and covered.
- Drain water from pool covers.
- Change the water in bird baths at least once a week.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Eliminate any standing water that collects on your property.
- Remind or help neighbors to eliminate breeding sites on their properties.