



## ***Westboro 2015: updated 10/8/15 7:07am***

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Mosquitoes with West Nile Virus were confirmed October 7 in a surveillance trap set by CMMCP on Sept. 29.

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### **Avoid Mosquito Bites**

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** or **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

### **Mosquito-Proof Your Home**

- **Drain Standing Water** - Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently. Contact **508.929.1300** if you have found an abandoned pool in your neighborhood.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

Information about WNV and reports of WNV activity in Massachusetts can be found on the MDPH website at <http://www.mass.gov/dph/wnv>. Recorded information about WNV is also available by calling the MDPH Public Health Information Line at 1-866-MASS-WNV (1-866-627-7968).

