

Protect Yourself and Your Family from Mosquito Bites



Use Insect Repellent

Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the active ingredients below.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.



Wear long-sleeved shirts and long pants

Treat clothing and gear

- Use permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.
- Permethrin is an insecticide that kills or repels mosquitoes.
- Permethrin-treated clothing provides protection after multiple washings.
- Read product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin.



Take steps to control mosquitoes indoors and outdoors

- Install or repair screens on windows and doors to keep mosquitoes out of your home.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near water.



Prevent mosquito bites when traveling overseas

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that does not have screens.