

# Tips for Avoiding and Repelling Mosquitoes

- ✍ Mosquitoes generally are more prevalent in wooded, swampy areas, and tend to be most active during dawn and dusk hours.
- ✍ However, the Asian Tiger mosquito, introduced into Florida in 1986, feeds during the day, and is found in close proximity to human habitation. If you notice biting mosquitoes during the day, follow the same recommendations as those for high-risk times and places.
- ✍ Wear protective clothing; long pants, long-sleeve shirt, shoes and socks during times and in locations of high mosquito incidence. Be aware mosquitoes can bite right through t-shirts and other lightweight, tight-fitting clothing.
- ✍ During periods of excessively high mosquito incidence, stay indoors as much as possible.
- ✍ Use insect repellent before going into high-risk areas or when outside during high-risk times. The most effective protection may be obtained through the use of products containing at least 20 to 30 percent diethyl toluamide (DEET)\*. Follow the directions carefully and do not over apply. Mosquitoes will bite unprotected skin, so apply repellent to all exposed areas of the body as well as to your clothing. Do not allow repellent to get into your eyes, mouth, or nose.
- ✍ Do not rely on electronic bug killers or ultrasonic repellents for protection. They have not been shown to be effective.
- ✍ When in high-risk locations or during high-risk times, do not wear perfumed soaps, sprays or other sweet smelling formulas that might attract mosquitoes.
- ✍ Keep windows screens and screened doors in good repair.
- ✍ Screen doors should open outward and have automatic closing devices and latches to prevent them from being accidentally left ajar.
- ✍ Extra care should be taken with children under age 5, adults over age 55, and those with weakened immune systems due to chronic illness. Those populations are at greater risk from mosquito-borne diseases.
- ✍ Call the environmental health unit of your county health department to find out if there is a mosquito abatement program (spraying) in your area, If not, extra care in following these recommendations may be warranted.
- ✍ Studies have shown that those who take precautions are much less likely to be at risk from mosquito-borne diseases.

*\*Some people may be sensitive to DEET and experience skin reactions such as rashes. A very small number of more serious cases involving children (including a few deaths) have been reported that may have been linked to the repellent. For this reason, health officials recommend that products containing DEET not be used on children age five and under. Those with concerns should consult their family physician or pediatrician. For those who are sensitive to DEET, products containing oil of citronella may provide an alternative.*



City of Jacksonville  
Department of Regulatory and Environmental Services  
Mosquito Control Division  
1321 Eastport Road  
Jacksonville, FL 32218  
Spray Requests: (904) 630-CITY (630-2489)

