



Navy Entomology Center of Excellence



Protecting Yourself and Your Home From Mosquitoes

Depending on where you live and the time of year, mosquitoes may present a major nuisance problem, restricting outdoor activities. Additionally, they are also capable of transmitting diseases to humans including West Nile Virus (WNV). There are several easy steps you can take to protect yourself and home from mosquitoes:

How can I protect myself and my family from mosquitoes?

- Avoid outdoor activities during peak mosquito activity (dawn and dusk).
- Apply repellent to exposed skin. **Look for products containing 20-35% DEET or 20% picaridin.**
- Treat clothing with repellent. Look for products containing permethrin.
- Wear long-sleeved, light colored shirts and pants.
- Place mosquito netting over infant carriers.



How do I “mosquito-proof” my home/yard?

- Ensure window/door screening is in good repair.
- Eliminate standing water (artificial containers, pet dishes, children’s toys).
- Maintain your landscape through consistent mowing and trimming.
- Aerate artificial ponds and apply larvicide. Look for products “dunks” containing *Bacillus thuringiensis israelensis* (BTI), a natural product that specifically kills mosquito larvae.
- Avoid using electric “bug zappers” or other similar mosquito attraction devices.
- Contact your local mosquito control district to schedule an area review or to report issues concerning mosquitoes.



For more information, contact your [cognizant NEPMU](#) or the [Navy Entomology Center of Excellence](#) (904-542-2424), or reach out to your preventive medicine authority.