



BC Centre for Disease Control
Provincial Health Services Authority



How to prevent mosquito bites

- Mosquitoes often breed in still water and live in both forests and cities.
- Most mosquito bites don't cause disease, but some can make you sick.
- Prevent mosquito bites to avoid diseases, like West Nile virus.

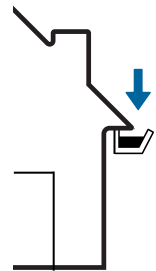
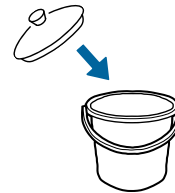
Follow the tips below to keep safe and enjoy the outdoors.

At home, school, or in community

1

Reduce access to still or standing water each week:

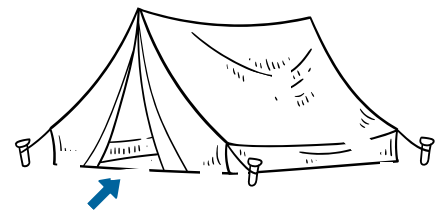
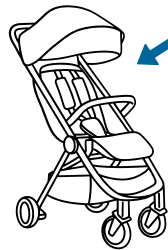
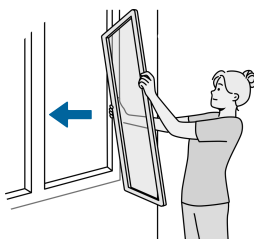
- Tightly cover stored water
- Empty water in unused containers
- Increase water flow in water features (pools, ponds, fountains)
- Routinely inspect, clean and repair gutters



Keep mosquitoes out

2

Use screens or mosquito netting to cover open windows, doors, strollers, and tents.

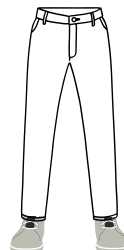


Before going outdoors

3

Wear light coloured, long sleeved & loose clothing

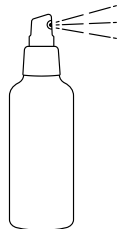
Tuck in your shirt and pants.



4

Use bug spray

with DEET or Icaridin on uncovered skin, clothes, and on top of sunscreen. **Always** follow label instructions.



Talk to a health care provider if you feel unwell within 30 days of a mosquito bite.

For more information, visit <http://www.bccdc.ca/health-info/diseases-conditions/west-nile-virus-wnv>