



# Office of Early Childhood & Out-of-School Learning

A Reminder about Mosquito Bite Prevention

from Indiana's Family and Social Services Administration

Office of Early Childhood and Out of School Learning

During rainy, summer months it is important to protect yourself and the children in your care from mosquito bites. Mosquitos can carry viruses which can cause disease in humans if they are bitten. Follow these simple tips to help prevent mosquito bites at your child care:

- Take steps to eliminate mosquito breeding grounds inside and outside your home or child care. Dump or cover any standing water that may have accumulated, as mosquitos lay their eggs in still water. Repair any rips in screen doors or screens on windows. Use air conditioning when appropriate.
- Avoid outdoor activity at times and places where mosquitoes are biting, for example during the early morning and evening hours.
- Wear a long-sleeved shirt, long pants, and socks when outdoors and cover as much skin as possible.
- Apply insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535 to exposed skin. **Do not** apply products containing permethrin directly to skin.

To learn more, visit: <http://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>.