

# Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



## PREVENT MOSQUITO-BORNE ILLNESSES

Most mosquito bites are relatively harmless. The itchy bumps often last for just a day or two after a mosquito has punctured your skin. But if the mosquito is carrying certain germs, like viruses or parasites, these pathogens might enter your blood during the bite and make you sick. But we can all take simple steps to avoid getting bit by those blood-sucking insects.

### TO AVOID MOSQUITO BITES:

- **Use insect repellents.** Products containing DEET, picaridin, lemon eucalyptus, para-menthane-diol, or IR3535 can be applied to skin. Follow label instructions.
- **Cover up.** When outside, wear long sleeves, pants, and socks. Mosquitoes may bite through thin fabric, so spray thin clothes with an EPA-registered repellent like permethrin. Don't apply permethrin directly to skin.
- **Mosquito-proof your home.** Install or repair screens on windows and doors to keep insects out. Use air conditioning if you have it.
- **Get rid of mosquito breeding sites.** Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, and birdbaths on a regular basis.