

Mosquitos can carry and spread diseases like dengue, chikungunya, Zika, and West Nile.

Different mosquitoes carry different types of disease. They are also active at different times, so you need to take action whenever you go outside.

You can prevent mosquito bites by:

- Using an EPA-registered insect repellent with one of the following active ingredients:
 - DEET
 - Picaridin, also known as KBR 3023, Bayrepel, and icaridin
 - IR3535
 - Oil of Lemon Eucalyptus (OLE) or para-menthane-diol (PMD)

When used as directed, these repellents are safe for pregnant and breast-feeding women and children. Do not use repellent on babies younger than 2 months old.

- If using sunscreen, put on sunscreen first, then repellent.
- Wear long-sleeved shirts and pants.
- If you spend a lot of time outside, consider treating clothes and gear with permethrin or buying treated gear.

For more information:

Carroll County Health Department
cchd.maryland.gov

Local updates on mosquito-borne illness and other public health topics.

Call the Bureau of Environmental Health at 410-876-1884 with concerns or complaints.

Maryland Department of Agriculture
http://mda.maryland.gov/plants-pests/Pages/mosquito_control.aspx

Mosquito control information.

Environmental Protection Agency
<https://www.epa.gov/insect-repellents>

Approved insect repellents

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/>

Information on mosquito-borne diseases, mosquito control, and avoiding mosquito bites when traveling.

Adapted from CDC by Carroll County Health Department, April 2016

Fight the Bite!



Stay Healthy by Preventing Mosquito Bites

CARROLL COUNTY HEALTH DEPARTMENT



Public Health
Prevent. Promote. Protect.

cchd.maryland.gov

Find us on 

Fight the bite! You can help stop mosquitoes and protect yourself, your family, and your community.

Keep mosquitos outside:

- Use screens on doors and windows.
- Repair holes in screens.
- Use air conditioning when available.



Mosquitoes breed by laying eggs in standing water. As little as a teaspoon or cap of water left out for a week is enough for mosquitoes to breed and multiply!



Stop mosquitos from breeding:

- Twice a week, turn over, empty, or throw away any items that can hold water, such as:
 - Tires
 - Watering cans
 - Pet dishes and livestock troughs
 - Flower pots and planters
 - Trash cans and lids
 - Children's wading pools



- Clean your yard of small items that could collect water, like toys, bottle caps, and plastic bags.
- Change the water at least twice a week in birdbaths, flower vases, and other containers.
- Check for trapped water in tarps and pool covers.
- Repair leaky outdoor faucets.

- If you have a septic tank, repair any cracks or gaps. Cleanout pipes must be capped.



- Check your yard for puddles that don't drain or dry up.
- Clean gutters so water can drain.

- Cover any water storage containers, like rain barrels or cisterns. Repair any cracks.



- Drain boats twice a week; store small boats upside down.
- Properly maintain or cover pools.

- To reduce the risk of mosquito breeding in small ponds, add fish to eat mosquito eggs, an aerator to keep water moving, or mosquito dunks or briquets to kill mosquitoes.



- Drill holes in tire swings so they can drain.