



PROTECT YOURSELF AND YOUR CHILDREN FROM MOSQUITO BITES

The Rhode Island Department of Health (HEALTH) wants all Rhode Islanders to protect themselves from mosquito bites to help avoid mosquito-borne illness. Here's what you can do:

- If you don't have to be outside early in the morning or in the evening, stay inside. Mosquitoes are most active at these times of day
- Use bug spray with no more than 30 percent DEET (You can find this information on the label). Do not use bug spray with DEET on a baby
- Wear long-sleeved shirts, long pants and bug spray if you will be outside at sunrise or sundown
- Cover your baby's playpen or carriage with mosquito netting if you and the baby are outside
- Make sure all of your windows and doors have screens. Be sure to fix any holes in screens
- Empty anything in your yard that holds standing water, such as buckets, tubs, kiddie pools and old tires
- Clean your gutters so that water will drain properly

If you have a mosquito bite and develop symptoms such as a fever, headache, body aches or swollen lymph glands, contact your doctor. Symptoms of severe infection of West Nile Virus or Eastern Equine Encephalitis include headache, stiff neck, stupor, disorientation, coma, tremors, convulsions, muscle weakness or paralysis. The elderly, young children and people with weakened immune systems are at higher risk for serious illness.

For more information about protecting yourself from mosquito-borne disease, visit <http://www.health.ri.gov/disease/carriers/mosquitoes/> or call the Health Information Line at 222-5960.