



More than 200 different types of mosquitos are found in the U.S. Only 12 types of mosquitos can carry germs and parasites, causing sicknesses in the people they bite. However, it is not possible to tell which mosquitos are spreading germs when they bite, so it is important to practice mosquito safety at all times.

Practice the following mosquito safety tips:

- **Use insect repellent.** Use an EPA-registered insect repellent before spending time outside. Choose repellents with one of the following active ingredients, which are safe for pregnant and breastfeeding women: DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD) and 2-undecanone.
- **Wear long sleeves and long pants.** Although shorts and t-shirts may be the go-to clothing choices in the summer, wearing longer garments when spending extended periods of time outdoors is a good way to avoid bites.
- **Use screens on doors and windows.** Keep the mosquitos outdoors by covering windows and doors with screens. Regularly check for holes and repair them as soon as possible.
- **Keep water-holding containers clean.** Mosquitos often lay eggs in or near water. Make sure to regularly empty and clean any water-holding containers, such as planters, pools, trash containers and buckets.
- **Treat bites right away.** Mosquito bites cause itchy, red bumps on the skin. As soon as a bite is detected, wash it with soap and water, apply an ice pack for 10 minutes to reduce swelling and apply an over-the-counter anti-itch or antihistamine cream to relieve itching.

Source: [CDC.gov](https://www.cdc.gov)

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