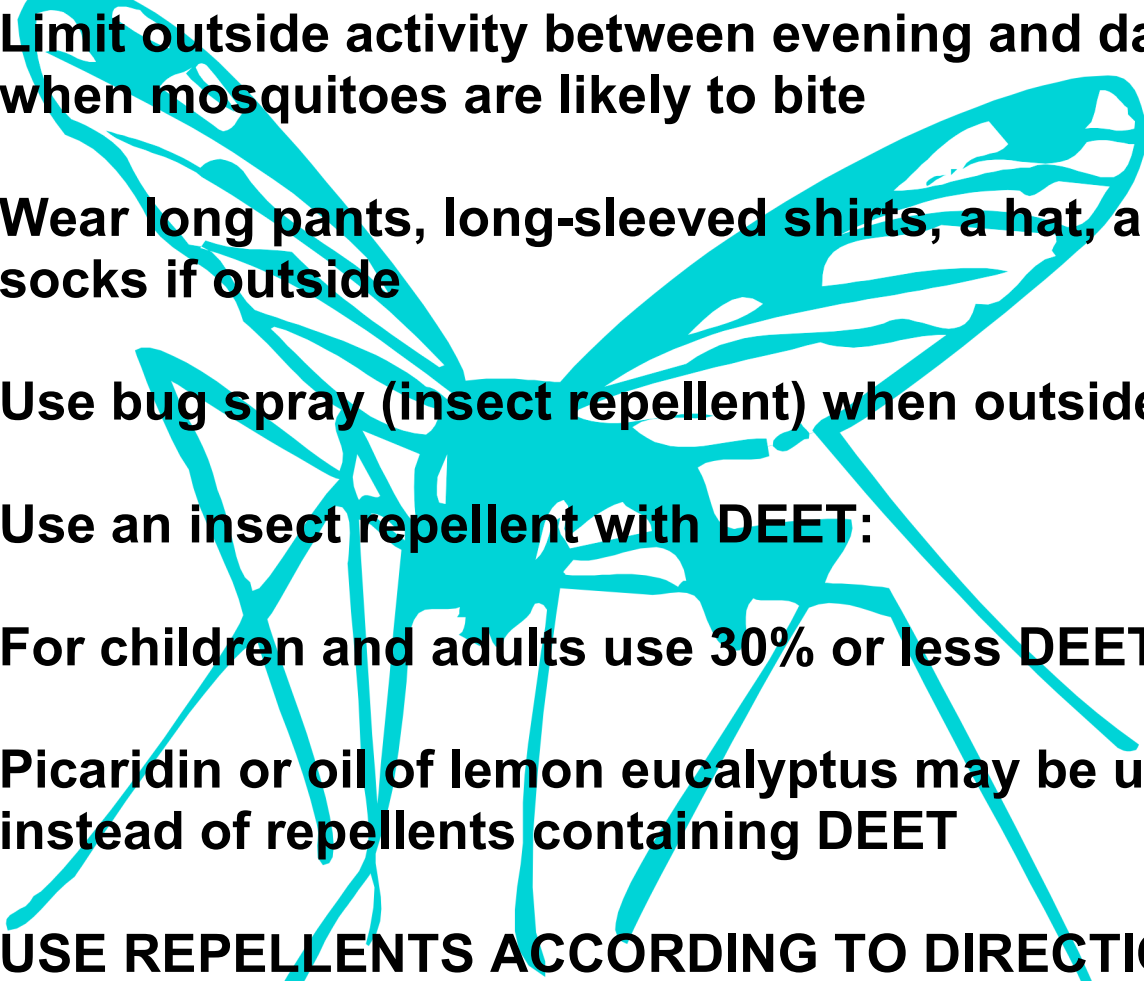


PREVENT DISEASES CAUSED BY MOSQUITO BITES

To avoid being bitten by mosquitoes and getting sick from West Nile virus (WNV) or Eastern Equine Encephalitis (EEE):

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- **Limit outside activity between evening and dawn when mosquitoes are likely to bite**
 - **Wear long pants, long-sleeved shirts, a hat, and socks if outside**
 - **Use bug spray (insect repellent) when outside**
 - **Use an insect repellent with DEET:**
 - **For children and adults use 30% or less DEET**
 - **Picaridin or oil of lemon eucalyptus may be used instead of repellents containing DEET**
 - **USE REPELLENTS ACCORDING TO DIRECTIONS ON BOTTLE (Adults should apply repellent to young children)**



For more information, contact the New Hampshire Department of Health and Human Services WNV & EEE information line at 1-866-273-6453 or visit our website at www.dhhs.nh.gov

