



For More Information



Visit <http://go.usa.gov/c7Wb3>

For more information on your local resources, contact:

For general information, please contact:

Navy and Marine Corps Public Health Center
620 John Paul Jones Circle, Suite 1100
Portsmouth, VA 23708-2103

Phone: (757) 953-0700
DSN: 377-0700
Fax: (757) 953-0680

Have Questions?

Contact us at Ask-NMCPHC@med.navy.mil

Connect with us!

Follow us on Facebook 
<https://www.facebook.com/NavyAndMarineCorpsPublicHealthCenter>

Follow us on Twitter 
<https://twitter.com/NMCPHC> or @NMCPHC

Follow us on Pinterest 
<https://www.pinterest.com/nmcphc/>



Mosquitoes? Not in my backyard!



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

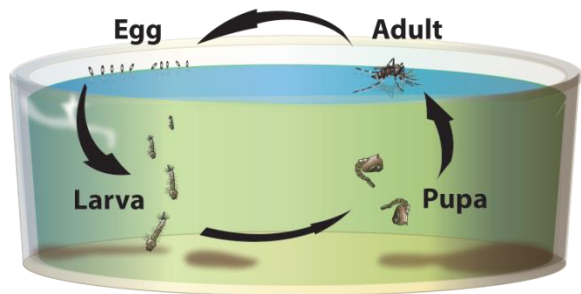


Facts About Mosquitoes

Backyard mosquitoes can transmit diseases such as **Chikungunya, Dengue Fever, and Zika**



Mosquitoes can develop in a spoon-full of water.



These mosquitoes do not fly far from where they're breeding.

If you are being bitten, they're breeding nearby!

How Do I "Mosquito-Proof" My Home?

1. Empty any standing water around your home.



Clogged Gutters



Toys left outside



Rain Barrels



Pools & Tarps



Plant Pots & Saucers



Bird Baths



Tires



Buckets

2. Ensure window/door screening is in good repair.
3. Maintain your landscape through consistent mowing and trimming.
4. Avoid using electric "bug zappers" or other similar mosquito attraction devices.
5. Contact your local mosquito control district to schedule an area review or to report issues concerning mosquitoes.

Protect Yourself and Your Family

1. Remove any standing water in your yard.
2. Use a lotion or spray with an EPA approved insect repellent with at least 20% Picaridin or DEET and/or IR3535.
3. Wear clothing treated with a long-lasting insecticide such as Permethrin.
4. Avoid outdoor activities during peak mosquito activity.
5. Place mosquito netting over infant carriers.

