



# Protect Yourself From Mosquitoes with the 4 D's



**DRAIN** all standing water. Water in flower pots, gutters, pet bowls, inflatable pools, and birdbaths are common mosquito breeding grounds.



**DRESS** in long sleeves and pants. This will help protect your skin from mosquito bites.



**DAWN AND DUSK** are favorite mosquito eating times. Stay inside at these times to avoid bites. Use insect repellent with DEET if you are outside.



**DEET** is found in many insect repellents. Use DEET repellants to keep mosquitoes away – but remember to avoid spraying them in your eyes and mouth.