



# Mosquito Bite Prevention in South Carolina

*Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some species – such as those mosquitoes that can spread chikungunya, dengue and Zika viruses – bite primarily during the day, especially in shady areas, with peak biting activity occurring in early mornings and late afternoons. Other species bite most often at dawn and dusk including those mosquitoes that can transmit West Nile virus.*

## Here are some important tips to protect yourself.

### What you wear is important.

- **Wear long pants and long-sleeved shirts** if weather permits.
- **Wear light colors.** Mosquitoes are attracted to dark colors.
- **Don't wear thin clothing.** Mosquitoes can bite through it.
- **Avoid wearing scented products.**
- **Treat or buy tents and clothes (e.g., boots, pants, socks) pre-treated with permethrin** or another U.S. Environmental Protection Agency (EPA)-registered insecticide for extra protection. (Permethrin is an insecticide that kills mosquitoes and other insects.) Follow product instructions closely. To learn more, visit [www.epa.gov/insect-repellents/repellent-treated-clothing](http://www.epa.gov/insect-repellents/repellent-treated-clothing).
- **DO NOT use permethrin directly on skin.**



### Buy the right repellent and use it correctly.

- **Use EPA-registered insect repellents.** See the table of repellents below.
- **Wear repellent when you are outdoors.** Use products with active ingredients that are safe and effective.
- **Always follow the instructions on the product label.**
- **Apply sunscreen first and insect repellent second.**
- **Do not spray repellent on skin under clothing.**
- **Use EPA-approved repellents and follow label instructions.** It is safe for pregnant or nursing women to use them, too. Visit [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents) to learn more.

### Use special care when applying repellents to children and babies.

- **Always follow product instructions** when applying insect repellent to children.
- **Spray insect repellent onto your hands** and then apply to a child's face.
- **Do not apply insect repellent to a child's hands and mouth** or cut and irritated skin.
- **Do not use insect repellent on babies younger than 2 months.** Products containing oil of lemon eucalyptus should not be used on children under 3.
- **Dress children in light-colored clothing that covers arms and legs.**
- **Cover cribs, strollers and baby carriers** with mosquito netting.

### Source

This information is provided courtesy of the Florida Department of Health and the Centers for Disease Control.

### EPA-Registered Insect Repellents

Use an insect repellent with active ingredients listed below.

ACTIVE INGREDIENTS	BRAND EXAMPLES* Overseas brand names may vary.
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin (KBR 3023 or Bayrepel)	Skin So Soft Bug Guard Plus
Oil of lemon eucalyptus (OLE) [para-menthane-diol (PMD)]	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, Skin Smart

#### Higher Percentages of Active Ingredient = Longer Protection

For products containing DEET, concentrations higher than 30 percent don't improve protection times.

\* The use of commercial names is to provide information about products. It does not represent an endorsement of these products.