

# It's as **Simple** as **ABCD**

Protect yourself from mosquitoes and the diseases they can carry!



Photograph: Courtesy of CDC

**A**void bites — use insect repellent!

**B**e safe — always follow the repellent label instructions!

**C**over up — wear loose, light-colored long sleeves and pants!

**D**ump — remove standing water around your home to reduce mosquito habitat!



## Tips for Using Insect Repellent

Environmental Protection Agency (EPA)-registered insect repellents have been proven safe and effective, but you must always follow the product label instructions.

- ◇ Reapply insect repellent every few hours, depending on the strength of the product you choose.
- ◇ Do not spray repellent on skin that is covered by clothing.
- ◇ EPA-registered repellents can be used by pregnant and breastfeeding women.

### If you have a baby or child:

- ◇ Always follow instructions when applying insect repellent to children.
- ◇ Do not apply insect repellent onto a child's hands, eyes, mouth. Avoid cuts or irritated skin.
- ◇ Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-3,8-diol (PMD) on children under 3 years of age.

Missouri Department of Health and Senior Services • [www.health.mo.gov/mosquitoes](http://www.health.mo.gov/mosquitoes) • #80 (09/16)