

**For More Information  
Contact the  
Board of Health  
at 781-275-6507  
or visit the following  
websites:**

**For information on diseases spread  
by mosquitoes and how to prevent  
them:** <http://www.mass.gov/dph/wnv>

**For information on mosquito repel-  
lents:** view the MDPH Public Health Fact  
Sheet on Mosquito Repellents online at  
<http://www.mass.gov/dph/factsheets/bid>

**For information on mosquito control  
in Bedford:** visit the website of the East  
Middlesex Mosquito Control Project at  
<http://www.town.sudbury.ma.us/services/health/emmcp/>

**For Fact Sheets on West Nile Virus,  
EEE and Mosquito Repellents:** visit the  
Bedford Board of Health website at  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

### **Bedford Board of Health**

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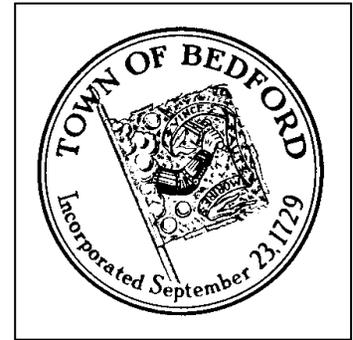
### **Mission**

To serve all Bedford residents,  
particularly the under served, and to  
promote healthy people, healthy  
families, and a healthy environment  
through compassionate care,  
education, and prevention.

### **Bedford Board of Health Office**

Heidi Porter, Director of Public Health  
Town Center  
12 Mudge Way  
Bedford, MA 01730  
Phone: 781-275-6507  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

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**Information  
from the  
Bedford Board of Health:**

**Reduce Your  
Exposure to  
Mosquito  
Bites**



## Reduce your exposure to mosquito bites that spread West Nile Virus and Eastern Equine Encephalitis (“Triple E”)

- Schedule outdoor events to avoid, as much as possible, the hours between dusk and dawn, when mosquitoes are most active.
- When you are outdoors, wear long pants, a long-sleeved shirt and socks. This may be difficult to do when the weather is hot, but it will help keep mosquitoes away from your skin.
- Keep mosquitoes out of your house by repairing any holes in your screens and making sure they are tightly attached to all your doors and windows.

## What is Bedford doing to control mosquitoes and prevent disease?

- Our contractor, the East Middlesex Mosquito Control Project, treats mosquito larvae in wetlands with aerial and portable sprayers and provides larvicide to treat the catch basins in town.
- Mosquitoes are collected from four trap locations to determine population numbers and types of mosquitoes. Testing is done for the presence of disease.
- Truck mounted aerosol straying is conducted to control adult mosquito populations.

## Protect Yourself from Mosquito bites

- **Use mosquito repellent** when you are outside and exposed to mosquitoes. Mosquitoes are generally most active between dusk and dawn, though some types may also be out during the day. Mosquitoes usually start to become active during early or mid-spring and remain active until the first hard frost (when the ground freezes).
- **Use repellent** even if you’re only going outside for a few minutes.

To Skin: apply repellent that contains 35% or lower DEET or Picardin (10% or lower DEET for children).

To Clothing: apply repellent that contains DEET or Permethrin.

- **Reapply** additional repellent if outdoors for extended periods of time or if you’re sweating or getting wet.
- As always, **follow the application instructions** on the repellent label and wash skin thoroughly once you go indoors.
- Don’t let children handle the product. When using repellents on children, put some on your hands first, and then apply it to the child. Don’t put repellents on a child’s hands.

## Remove Standing Water from around your home

- Look around outside your house for containers and other things that might collect water and turn them over, regularly empty them, or dispose of them.
- Drill holes in the bottom of recycling containers that are left outdoors so that water can drain out.
- Clean clogged roof gutters; remove leaves and debris that may prevent drainage of rainwater.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Change the water in birdbaths every few days; aerate ornamental ponds or stock them with fish.
- Keep swimming pools clean and properly chlorinated; remove standing water from pool covers.

