



# REDUCE THE BITE

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► Mosquito Season is almost here and Fort Hood Department of Preventive Medicine has a few recommendations that can help you lower your chances of getting bitten this summer:

Remember the 4 Ds: **Dusk/dawn, Drain, DEET and Dress.**

1. Try to stay indoors at **Dusk and Dawn**, the times when biting mosquitoes are most active.
2. **Drain** all standing water in your yard: Check old tires, flowerpots, tarps and rain gutters, etc. Change water in pet bowls and/or children's pools once a week. Any standing water can become a mosquito breeding site, even something as small as the cap from a water bottle.
3. When outdoors, apply insect repellent that contains **DEET**. 30% DEET for adults and 10% for children older than 2 months. Make sure you read and follow the manufacturer's directions for use. Spray clothing as well as exposed skin. Do not spray DEET on pets.
4. **Dress** in pants and long sleeves when outside in mosquito-infested areas.

► Some mosquitoes can carry West Nile Virus; if you have symptoms that include stiff neck, high fever or severe headache, contact your health-care provider immediately