

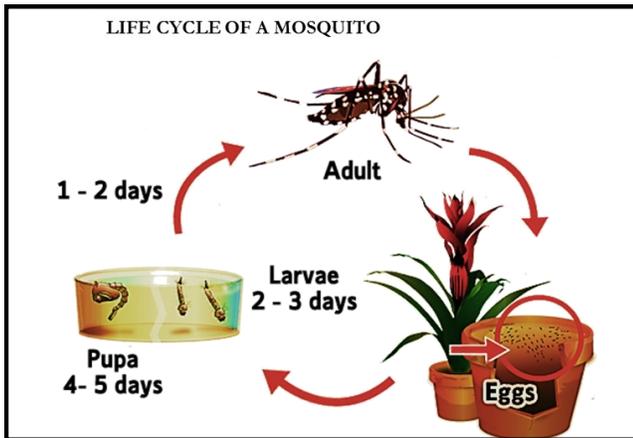


Austin/Travis County  
Health and Human Services Department  
Rodent & Vector Program



# Fight the Bite, Day and Night

Mosquitoes are not only irritating, they can carry serious diseases like West Nile Virus, Chikungunya, Dengue, and Zika virus. Mosquitoes are here in Central Texas all year. Getting rid of all mosquitoes is not possible, but you can do a lot to help reduce their numbers and your exposure to mosquito bites by destroying their breeding places.



All mosquitoes need water to develop. The first three stages of the mosquito life cycle are spent in water. You can prevent mosquitoes from developing by removing standing water that supports this life cycle. Mosquitoes can develop in as little as a teaspoon of water in just a few days. Wherever there is standing water, mosquitoes can breed.

## Drain standing water.

- ✓ Turn over, cover, or get rid of any containers that can hold water.
- ✓ Change water in bird baths twice a week and pet watering bowls daily.
- ✓ Clean clogged roof gutters and drain flat roofs.
- ✓ Fix outdoor pipes and faucet leaks.

## Prevent mosquito bites. Wear light-colored long-sleeved clothing and use insect repellent containing DEET.

Other safe EPA-approved alternatives include those containing:

- ✓ Picaridin (Cutter Advanced, Skin So Soft Bug Guard Plus);
- ✓ Oil of Lemon Eucalyptus (OLE) or PMD (Repel, Off! Botanicals)
- ✓ IR3535 products (Skin So Soft Bug Guard Plus Expedition, Skin Smart)

For help with mosquito control, call 3-1-1

[www.austintexas.gov/rodent-and-vector-control](http://www.austintexas.gov/rodent-and-vector-control)

