### Date: [ENTER DATE]

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### PSA Mosquito Safety

Protect Yourself and Your Loved Ones from Mosquito-Borne Diseases

Mosquitoes in Massachusetts can transmit serious illnesses like West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). While not every mosquito carries these viruses, it’s essential to take precautions to minimize your risk.

**Prevention Tips:**

* **Use EPA-Approved Insect Repellents**: Apply repellents containing DEET, picaridin, IR3535, or oil of lemon eucalyptus when outdoors. Follow the product instructions carefully.
* **Wear Protective Clothing**: Opt for long-sleeved shirts, long pants, and socks to reduce exposed skin, especially during peak mosquito hours.
* **Avoid Peak Mosquito Hours**: Mosquitoes are most active from dusk to dawn. If possible, schedule outdoor activities outside these times.
* **Eliminate Standing Water**: Regularly empty and clean items that collect water, such as birdbaths, flower pots, gutters, and kiddie pools, to prevent mosquito breeding.
* **Maintain Window and Door Screens**: Ensure screens are intact and free of holes to keep mosquitoes out of your home.

**Recognize the Symptoms:**

West Nile Virus (WNV):

* Most people infected with WNV do not exhibit symptoms.
* Some may experience fever, headache, body aches, joint pains, vomiting, diarrhea, or rash.
* In rare cases, severe illness can occur, affecting the central nervous system.

Eastern Equine Encephalitis (EEE):

* EEE is a rare but serious disease that can cause inflammation of the brain.
* The first symptoms of EEE are fever (often 103º to 106ºF), stiff neck, headache, and lack of energy.
* The disease can progress to disorientation, seizures, and coma.

If you or someone you know exhibits symptoms after a mosquito bite, seek medical attention promptly.

**For More Information:**

* [Mass.gov Mosquito-borne disease prevention](https://www.mass.gov/info-details/mosquito-borne-disease-prevention)
* [Mass.gov Mosquito Repellants](https://www.mass.gov/info-details/mosquito-repellents)
* [Mass.gov WNV and EEE Activity and Risk Maps](https://www.mass.gov/info-details/massachusetts-arbovirus-update)
* [CDC Preventing Mosquito Bites](https://www.cdc.gov/mosquitoes/prevention/index.html)
* [CDC Mosquito Control at Home](https://www.cdc.gov/mosquitoes/mosquito-control/mosquito-control-at-home.html)
* [EPA Find the Repellent that is Right for You](https://www.epa.gov/insect-repellents/find-repellent-right-you)

Stay safe and enjoy your summer!

