

# Avoid Mosquito Bites

## How to choose and use insect repellent



### Why should I use insect repellent?

Mosquitoes in Washington can carry viruses, like West Nile virus. Most people infected with West Nile virus will have no or mild symptoms, but a small number of people may have serious, or even fatal, illness. Prevent West Nile virus by avoiding mosquito bites.

### What is insect repellent?

Insect repellents help protect against mosquito bites. Apply repellent when you are spending time in areas with mosquitoes.

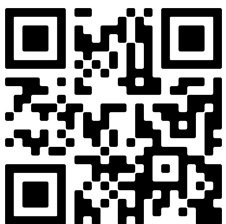
### Which repellent should I choose?

EPA-registered insect repellents are tested and approved for safety and are effective when used according to the directions on the label. Active ingredients in EPA-registered insect repellents include DEET, picaridin, IR3535, oil of lemon eucalyptus, or 2-undecanone. Look for a repellent that is labeled as EPA-registered.



### How can I use repellent safely?

Follow all label directions. Only use repellent on exposed skin. Avoid getting repellent in your eyes or mouth, and assist children when applying repellent.



### Scan to learn more!

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