Weekly Safety Meeting

Prevent Mosquito Bites

Protect yourself and your family from mosquito bites. Every year mosquitoes affect people and, it seems, every year more and more viruses and parasites are directly related to mosquito bites, e.g., Zika, Dengue, West Nile Virus, and Dirofilariasis (dog heartworm).

Overseas travelers should be prepared to prevent mosquito bites because mosquitoes spread viruses and parasites not common or not present in the continental United states, (e.g., Chikungunya, Japanese Encephalitis, Lymphatic Filariasis, Malaria, Rift Valley Fever, Rose River, Yellow Fever, as well all others mentioned above.)

According to the CDC (Centers for Disease Control and Prevention), Environmental Protection Agency (EPA) registered insect repellents are recommended to repel these insects. One of the active ingredients listed below, when used as directed, is proven safe and effective, even for pregnant and breastfeeding women:

- DEET;
- PICARIDIN (KNOWN AS KBR 3023 AND ICARIDIN OUTSIDE THE US);
- IR3535;
- OIL OF LEMON EUCALYPTUS (OLE);
- PARA-MENTHANE-DIOL (PMD); and
- 2-UNDECANONE.

Natural Insect Repellents (Repellents not registered with EPA)

CDC does not know the effectiveness of non-EPA registered insect repellents, including some natural repellants.

Choosing an EPA-registered repellent ensures that EPA has evaluated the product for effectiveness.

Choosing The Right Repellent Product

When choosing repellent products, you should consider the following factors:

- Do you need protection from mosquitoes, ticks, or both?
- How long will you be exposed to them?
- Be sure to use the product with a protection time that fits your activity.

To find the repellent that is right for you, EPA has provided a search tool on its website. Please visit the following EPA website to learn more:

https://www.epa.gov/insect-repellents/find-repellent-right-you

Tips for Babies and Children

- Dress your child in clothing that covers arms and legs;
- Cover strollers and baby carriers with mosquito netting; AND
- When using insect repellent on your child:
  - Always follow label instructions;
  - Do not use products containing lemon eucalyptus (OLE) or Para-Menthane-Diol (PMD) on children under three years old; and
  - Do not apply insect repellent to child's hands, eyes, mouth, cuts, or irritated skin.
    - Adults: Apply insect repellent onto your hands and then apply to a child's face.

Tips for Everyone

- Always follow the product label instructions; and
- Reapply insect repellent as directed.
  - Do not apply repellent on the skin under clothing; and
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.

Treat Clothing and Gear

- Use 0.5% Permethrin to treat clothing and gear (such as loose-fitting, long-sleeved shirts and pants, boots, socks, and tents) or buy permethrin-treated clothing and gear;
  - Permethrin is an insecticide that kills or repels mosquitoes;
  - Permethrin-treated clothing provides protection after multiple washings; and
  - Read product information to find out how long the protection will last.
- If treating items, or yourself, follow the product instructions;
- Do not use permethrin products directly on skin; and
- The CDC website offers a video about what you need to know about Permethrin):
  - https://www.cdc.gov/mosquitoes/mosquito-bites/prevent-mosquito-bites.html

Steps to Control Mosquitoes Indoors and Outdoors

- Use screens on windows and doors and repair holes in screens to keep mosquitoes outdoors;
- Use air conditioning, if available; and
- Stop mosquitoes from laying eggs in or near water.
  - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, cans, planters, toys, pools, birdbaths, flowerpots, trash bags, and trash containers; and
  - Check for water holding containers both indoors and outdoors.

MOSQUITOES ARE DANGEROUS! DON'T GET BITTEN!

Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests