For More Information  
Contact the  
Board of Health  
at 781-275-6507  
or visit the following websites:

For information on diseases spread by mosquitoes and how to prevent them:  http://www.mass.gov/dph/wnv

For information on mosquito repellents: view the MDPH Public Health Fact Sheet on Mosquito Repellents online at http://www.mass.gov/dph/factsheets/bid

For information on mosquito control in Bedford: visit the website of the East Middlesex Mosquito Control Project at http://www.town.sudbury.ma.us/services/health/emmcp/

For Fact Sheets on West Nile Virus, EEE and Mosquito Repellents: visit the Bedford Board of Health website at www.bedfordma.gov/health

Bedford Board of Health  
Beatrice Brunkhorst, Co-Chair  
Tom Kinzer, Co-Chair  
Lea Susan Ojamaa  
Mary Seymour  
Kevin Wormstead

Mission
To serve all Bedford residents, particularly the under served, and to promote healthy people, healthy families, and a healthy environment through compassionate care, education, and prevention.

Bedford Board of Health  
Heidi Porter, Director of Public Health  
Town Center  
12 Mudge Way  
Bedford, MA 01730  
Phone: 781-275-6507  
www.bedfordma.gov/health

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Protect Yourself from Mosquito Bites

- **Use mosquito repellent** when you are outside and exposed to mosquitoes. Mosquitoes are generally most active between dusk and dawn, though some types may also be out during the day. Mosquitoes usually start to become active during early or mid-spring and remain active until the first hard frost (when the ground freezes).

- **Use repellent** even if you’re only going outside for a few minutes.
  - **To Skin:** apply repellent that contains 35% or lower DEET or Picardin (10% or lower DEET for children).
  - **To Clothing:** apply repellent that contains DEET or Permethrin.

- **Reapply** additional repellent if outdoors for extended periods of time or if you’re sweating or getting wet.

- As always, **follow the application instructions** on the repellent label and wash skin thoroughly once you go indoors.

- Don’t let children handle the product. When using repellents on children, put some on your hands first, and then apply it to the child. Don’t put repellents on a child’s hands.

Remove Standing Water from around your home

- Look around outside your house for containers and other things that might collect water and turn them over, regularly empty them, or dispose of them.

- Drill holes in the bottom of recycling containers that are left outdoors so that water can drain out.

- Clean clogged roof gutters; remove leaves and debris that may prevent drainage of rainwater.

- Turn over plastic wading pools and wheelbarrows when not in use.

- Change the water in birdbaths every few days; aerate ornamental ponds or store them with fish.

- Keep swimming pools clean and properly chlorinated; remove standing water from pool covers.