

Town of Acton

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FOR IMMEDIATE RELEASE

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Town of Acton, Acton Board of Health Urge Residents to Take Precautions Against Mosquito- Borne Diseases as Mosquito Season Continues

ACTON — The Town of Acton and the Acton Board of Health are reminding residents to take precautionary measures to reduce exposure to mosquito-borne diseases as peak mosquito season continues.

The Massachusetts Department of Public Health is closely monitoring the levels of West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE) throughout the Commonwealth. Currently, Acton is at low risk for WNV and EEE.

The Central Mass. Mosquito Control Project (CMMCP) is scheduled to spray certain

streets in Acton each Wednesday until Sept. 25. Tentative spray areas can be viewed on the day of spraying on CMMCP's website [here](#).

The Town of Acton and the Acton Board of Health remind residents of the steps they can take to reduce their exposure to mosquito-borne viruses:

Avoid Mosquito Bites — Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during the evening, after 6 p.m., or early morning. Otherwise, take extra care to use repellent and protective clothing. Mosquitoes can be active during daylight hours when the temperatures are cool.

Clothing Can Help Reduce Mosquito Bites. Although it may be difficult to do when it is hot, wearing long sleeves, long pants, and socks when outdoors will help keep mosquitoes away from your skin.

Apply Insect Repellent When You Go Outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants younger than 2 months old and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children younger than 3 years old.

Mosquito-Proof Your Home — Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools and change water in birdbaths frequently.

Install or Repair Screens. Some mosquitoes like to come indoors. Keep them outside by having tightly fitted screens on all windows and doors.

To learn more about mosquito-borne viruses, visit <https://www.mass.gov/mosquito-borne-diseases>.

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**MOSQUITO BITE
PREVENTION SAFETY TIPS**

-  Be aware of peak mosquito hours
(Dusk to dawn)
-  Use insect repellent when outdoors
-  Wear clothing to keep mosquitos away
from your skin
-  Mosquito-proof your home by installing
screens and draining standing water

A message from the Town of Acton