

# Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex species</i></p>	<p>West Nile</p>	<p>Evening to morning</p>

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
<b>DEET</b>	Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>	Repel
<b>IR3535</b>	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

