

# Health Bulletin



## Be W-I-S-E And Decrease The Threat Of West Nile Virus

(NAPSA)—While most people know to wear sunscreen and stay hydrated when they go outside, fewer protect themselves from another outdoor danger—mosquitoes. According to a recent consumer survey conducted by Opinion Research Corporation, mosquito bites are a top summer skin-care concern. While 65 percent of American adults rate mosquito bites as the No. 1 factor that could most negatively affect their day, only two in five use insect repellents.

To be W-I-S-E, take the following four precautions when heading outdoors.

Always carry a:

Water bottle

Insect repellent

Sunscreen

Every time you and your family go outside.

The simplest and most effective form of protection against mosquitoes, ticks, biting flies and other annoying insects is the application of insect repellent. In addition to DEET-based insect repellents, the Centers for Disease Control (CDC) now recommends using Picaridin-based or Oil of Lemon Eucalyptus (OLE)-based insect repellents for the best protection against mosquitoes and West Nile virus. OLE is the only plant-based repellent recommended by the CDC.

Picaridin provides the same long-lasting effective protection as DEET but is virtually odorless

and has a clean feel. Picaridin will not damage plastics or other synthetic materials such as golf clubs, sunglasses and acrylic fingernails.

Because Picaridin is pleasant to use, it is an appealing alternative for nearly 40 percent of consumers polled who indicated their dissatisfaction with the way DEET-based repellents smell and feel. Currently, Cutter® Advanced™ products—the leading insect repellents in the United States featuring Picaridin—are available in many forms for easy application and are safe for children over 2 months old.

According to Joe Conlon, technical adviser for the American Mosquito Control Association and former Navy medical entomologist, “The most important thing is for people to pick a repellent they are going to use...and then use it.”

Other ways to limit mosquito activity include inspecting door and window screens to prevent mosquito entry into the home and using outdoor foggers and lawn sprays to kill mosquitoes where they hide. It’s also very important to reduce mosquito breeding areas by removing standing water in birdbaths, flowerpots, pool covers and other places where water collects.

For more information about Picaridin or other insect repellents, visit [www.cutterinsectrepellent.com](http://www.cutterinsectrepellent.com). For more information about West Nile virus, visit [www.cdc.gov](http://www.cdc.gov).