



CITY OF STAMFORD  
DEPARTMENT OF HEALTH  
STAMFORD GOVERNMENT CENTER  
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September 2, 2016

Dear Parent/Guardian,

As we prepare for the Labor Day weekend, we would like to remind you that mosquitos are still active at this time and the risk of getting a disease from a mosquito bite still exists until the first frost that usually occurs around the middle of October. You may protect yourself and your family from mosquito bites by doing the following:

1. Limiting outdoor activity between dusk and dawn and wearing long pants and long-sleeved clothing if you must be outside
2. Avoiding shaded, bushy areas where mosquitoes like to rest
3. Using an insect repellent containing an EPA approved agent to reduce exposure to mosquitoes
  - a. These include repellents containing:
    - i. DEET: don't use more than 30%, don't use more than 10% on a child
    - ii. Picaridin (KBR 3023, Bayrepel, and icaridin): 15% can be used on adults, use maximum 10% on a child
    - iii. Oil of lemon eucalyptus (OLE) or para-methane-diol (PMD): don't use on children under three years of age
    - iv. IR3535
  - b. Don't use repellants on children under 2 months
  - c. When engaging in outdoor activities, first apply your sunscreen, then apply your mosquito repellent
  - d. Avoid using repellents over cuts, wounds or irritated skin
  - e. Don't allow children to handle the repellent
  - f. When using on children, apply to your own hands first and then put it on the child. Avoid applying repellent to children's hands because children frequently put their hands in their eyes and mouths
  - g. Always follow the directions on the product
  - h. Cover cribs, strollers, and baby carriers with mosquito netting
  - i. If you (or your child) get a rash or other reaction from a repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor, it might be helpful to take the repellent with you
  - j. Repair or replace all screens in your home that have tears or holes or sleep under a permethrin-treated bed net
4. Reducing mosquitoes in the environment:
  - a. Eliminate any standing water that collects on your property
  - b. Remove all discarded tires from your property
  - c. Properly dispose of containers that may hold water such as tin cans, plastic containers, and ceramic pots
  - d. Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall
  - e. Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep empty and covered and remove water from pool covers
  - f. Change the water in bird baths at least every 3 or 4 days
  - g. Turn over plastic wading pools and wheelbarrows when not in use
  - h. Use a larvacide "Mosquito Dunk®" on standing water

Sincerely,

Jennifer A. M. Calder, DVM, MPH, PhD, CHSV  
Director of Health

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