

# KCA TOOL BOX TALK:

## Mosquito Bites & Disease Prevention



TEAMWORK  
IMPROVES SAFETY

### Signatures

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With an increase in the number of reported cases of illness from mosquitos, mosquito-borne diseases have become a problem in the United States in recent years. Construction workers are frequently exposed to outdoor environments where insects can bite them. Fortunately, there are steps we can take to protect ourselves and prevent the transmission of disease from these flying pests.

[Click for Quick Fact Sheet](#)

### **Mosquito-borne diseases:**

- California serogroup viruses
- Chikungunya virus
- Dengue viruses
- Eastern equine encephalitis virus
- Malaria
- St. Louis encephalitis virus
- West Nile virus
- Yellow fever virus
- Zika virus

### **Tips to prevent Mosquito Bites:**

- ✓ Use an EPA-registered insect repellent
- ✓ Wear long-sleeved shirts and long pants
- ✓ Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear
- ✓ Take steps to control mosquitoes inside and outside your work area (bug zappers, netting over doors or openings, etc)
- ✓ Take care to recognize and remove sources of standing water on construction sites when possible as they are breeding grounds for mosquitos

### **Applying Repellent (*Remember It's Poison*)**

- Read and follow the label directions to ensure proper use and be sure to understand how much to apply
- Apply repellents only to exposed skin and/or clothing; *do not* use under clothing
- *Do not* apply near eyes and mouth; apply sparingly around ears
- When using sprays, *do not* spray directly into face; spray on hands first and then apply to face
- *Never* use repellents over cuts, wounds, or irritated skin
- *Do not* spray in enclosed areas
- *Avoid* breathing a spray product
- *Do not* use it near food or eat without washing hands
- *Do not* use around open flames or lit cigarettes
- After returning indoors, *wash* treated skin and clothes *with soap and water*