

## **Bite Back Against Mosquitoes!; Tips on How to Reduce Mosquitoes and Exposure to Mosquito-Borne Diseases**

Whether you're hitting the hiking trail, barbecuing in the back yard, camping out in the great outdoors, you'll want to protect against mosquito bites. Not only will your outdoor experiences be more pleasant without itchy red welts on your arms and legs, but it's also important to protect against possible insect-borne diseases, such as West Nile virus.

With this year's first human case of West Nile virus in New Mexico reported to the Centers for Disease Control - and more than 9,800 human cases nationwide reported in 2003 - the fight against mosquito bites is becoming increasingly important.

Ralph Bram, Ph.D., has more than 40 years of experience as a medical and veterinary entomologist in government, university and industry positions. Formerly the national program leader of entomology at the U.S. Department of Agriculture, Bram offers the following tips for reducing mosquitoes around your home and keeping yourself protected from mosquito bites:

Clean and chlorinate swimming pools and outdoor hot tubs and saunas. If they are not in use, empty them and keep them covered.

After a rainstorm, eliminate the standing water that has collected on your property in places such as pool covers, old tires, buckets, flowerpots, toys and birdbaths.

Limit outdoor activity at dawn and dusk, or anytime in the evening when mosquito activity is highest.

Use an insect repellent containing DEET, such as Ultrathon insect repellent from 3M. Originally developed to protect U.S. troops, Ultrathon insect repellent lotion was ranked the number one insect repellent in the May 2003 issue of a leading magazine that rates consumer products.

Wear long-sleeved shirts, long pants, socks and hats to minimize the areas of exposed skin.

Make sure there are no holes in screen doors or windows so mosquitoes can't get inside.

Stay inside at night if there is a warning of mosquito-borne disease in effect.

About 3M -- A Global, Diversified Technology Company

Every day, 3M people find new ways to make amazing things happen. Wherever they are, whatever they do, the company's customers know they can rely on 3M to help make their lives better. 3M's brands include icons such as Ultrathon, Scotch, Post-it, Scotchgard, Thinsulate, Scotch-Brite, Filtrete, Command and Dyneon. Serving customers in more than 200 countries around the world, the company's 67,000 people use their expertise, technologies and global strength to lead in major markets including consumer and office; display and graphics; electronics and telecommunications; safety, security and protection services; health care; industrial and transportation. For more information, including the latest product and technology news, visit [www.3M.com](http://www.3M.com).

Ultrathon, Scotch, Post-it, Scotchgard, Thinsulate, Scotch-Brite, Filtrete, Command and Dyneon are trademarks of 3M.

Hunter Public RelationsErin Brennan, 212-679-6600, Ext. 217**ebrennan@hunterpr.com**

---

<https://news.3m.com/2004-05-27-Bite-Back-Against-Mosquitoes-Tips-on-How-to-Reduce-Mosquitoes-and-Exposure-to-Mosquito-Borne-Diseases>