



# MOSQUITOES

## Tips to “Fight the Bite” after storms and flooding

### Mosquito-proof your property:

- Don’t “feed” the **storm drains**. Sweep up lawn clippings, leaves and tree limbs.
- Remove/empty **containers that hold water** (such as tires, flowerpots and toys).
- Change water in **birdbaths and pet water bowls** every 3-5 days.
- Keep **rain gutters** free of debris.
- Make sure **window and door screens** are in good condition.

### Protect yourself:

- When outdoors, **use an insect repellent** containing the active ingredients DEET, Picaridin, oil of lemon eucalyptus, or IR3535 and apply as directed on the label.
- Whenever possible, wear **long-sleeved shirts and long pants** from dusk on because this is when the primary mosquito (Culex) that transmits West Nile Virus is most active.

### Watch for:

- Most people who are infected with **West Nile Virus** show **no or only mild symptoms** such as:
  - low grade fever
  - muscle aches
  - headache
- **More severe signs and symptoms** can include:
  - high fever
  - stiff neck
  - disorientation
  - encephalitis
  - death (rarely)



If you think you have been infected with West Nile Virus, contact your health care provider

*Protect your family. Protect yourself. Fight the bite!*