MOSQUITO BITES CAN MAKE PEOPLE SICK.

Viruses can be spread through mosquito bites.

Two common viruses spread by mosquitoes are West Nile Virus and La Crosse Encephalitis. Watch for symptoms of fever, headache, nausea, vomiting, stiff neck, drowsiness, and confusion. People with these signs of illness should see a health care provider for further evaluation.

Standing water creates a breeding area for mosquitoes.

Naturally, mosquitoes may lay eggs in tree holes and in water that collects in rocks. However, they will multiply in any area or container that is holding water. To prevent breeding around homes and in areas that have been flooded, dispose of old tires and other items littering the area that may hold water. Go around your property and empty, clean and cover bottles, jars, storage bins, buckets, garbage cans and other items that can hold water.

HOW TO PREVENT BITES:

Wear insect repellent.
Choose products with an active ingredient proven safe and effective by the environmental protection agency (EPA) including products that include DEET (use a concentration of 30% or less), Picaridin, IR 3535, or oil of lemon eucalyptus (ages 3 and up for oil of lemon).

Always carefully read and follow the directions listed on insect repellent for use on adults and children, and pay attention to safe ages for use. Wash with soap and water upon return into the home. Never apply repellents to a child’s face.

Cover Yourself Up.
Cover up as much as possible when working outdoors and in flood areas. Wear a long-sleeved shirt and long pants (lightweight and light-colored fabrics). You can pull socks over pant legs to secure them. Wear closed-toe shoes when working outdoors.

Do not use products that combine insect repellent and sunscreen. Sunscreen needs to be applied more often than insect repellent.

References:
10 Ways to help Prevent Mosquito-Borne Diseases

PLEASE READ: Talk to your health care provider! This information is not a substitute for the advice of a qualified health care professional.