



Prevent Mosquito Bites!



Public Health
Prevent. Promote. Protect.

Ways to Prevent Mosquito Bites:

- **Use insect repellent:** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an EPA-registered insect repellent with one of the following active ingredients:

- **DEET**
- **Picaridin**
- **IR3535**
- **Oil of lemon eucalyptus (OLE)**
- **Para-menthane-diol (PMD)**
- **2-undecanone**

- **Cover up:** Wear long-sleeved shirts and long pants.

- **Keep mosquitoes outside:** Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

Mosquito-borne Viruses in the Continental US:

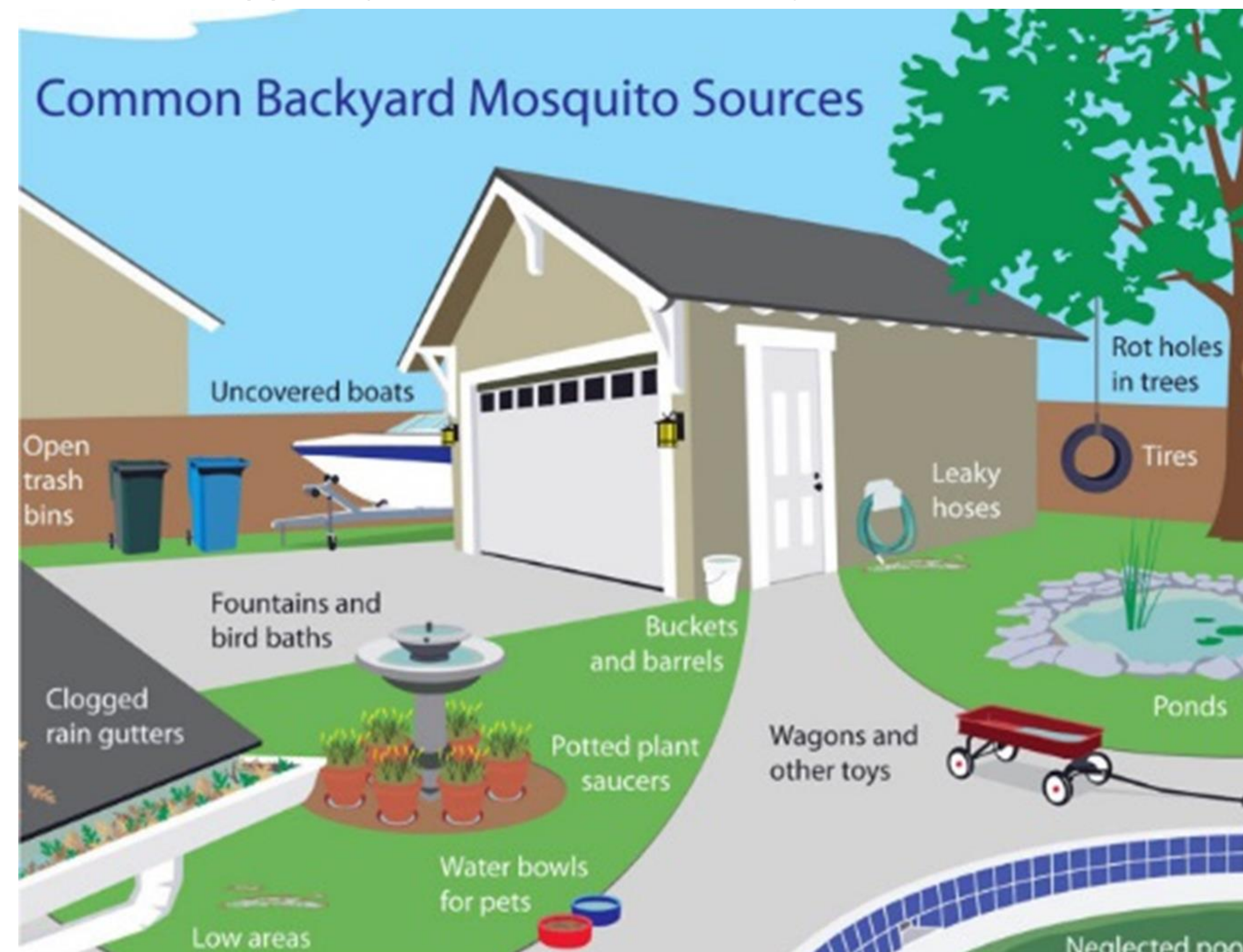
- West Nile virus is the most common virus spread by mosquitoes in the continental United States.
- La Crosse encephalitis or St. Louis encephalitis

In rare cases, these can cause severe disease or even be deadly.

Most people infected with these viruses do not have symptoms, or have only mild symptoms like fever, headache, nausea, and vomiting.

Mosquito Proof Your Yard and Home

Did you know Mosquitos can reproduce thousands of eggs in just a small bottle cap of water?



- **Eliminate standing water sites around your home and yard.**
 - Dump all standing water from containers including kiddie pools, flower pots, garbage cans and tarps.
 - Clean out bird baths once a week.
 - Eliminate standing water in low areas on your property.
 - Clean gutters on your house.
 - Use screens to prevent mosquitoes from entering the home.
 - Keep ditches and stormwater facilities free of debris.
 - Use fountains or fish in ornamental ponds. Fountains create movement to deter mosquito breeding. Fish will assist in feeding on mosquito larvae.

Planning a trip?

- Visit CDC's travel website to see what health risks you should be aware of in the area you are traveling to at wwwnc.cdc.gov/travel.
- Pack accordingly: Remember to pack insect repellent and use it as directed to prevent mosquito bites.
- See a healthcare provider familiar with travel medicine, ideally 4 to 6 weeks before your trip.

After traveling:

Even if you do not feel sick, you should try and prevent mosquito bites for 3 weeks after their trip so you do not spread viruses like dengue, Zika, or chikungunya to uninfected mosquitoes that bite you at home.

If you have been travelling and have symptoms including fever, headache, muscle and joint pain, and rash, see your healthcare provider immediately and be sure to share your travel history.

For More information

Call the Township of Mount Olive
Health Department at 973-691-0900 ext. 7330
Created by the Township of Mount Olive Health Department.
*Information from:
<https://www.cdc.gov/features/stopmosquitoes/index.html>

