



Stay healthy this summer by protecting yourself and your loved ones from mosquito bites. Mosquito bites can be more than just itchy and annoying, they can also cause you and your family to get sick. Mosquito-borne diseases that may occur locally in Ohio include: Eastern equine encephalitis, La Crosse Virus disease, St. Louis encephalitis and West Nile virus.

The most effective way to prevent mosquito-borne diseases is to prevent being bitten by mosquitoes. Being aware of mosquito and mosquito-borne disease activity in your area allows you to take action to protect yourself and others.

Avoid mosquito bites:

- **Use insect repellent when you go outdoors.** Repellents containing DEET, picaridin, IR3535 and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection. To optimize safety and effectiveness, repellents should be used according to the label instructions. More information about repellents can be found on the [Centers for Disease Control and Prevention's website](http://www.cdc.gov) at www.cdc.gov.
- **When weather permits, wear long sleeves, long pants and socks when outdoors.** Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or another EPA-registered repellent will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.
- **Take extra care during peak mosquito biting hours.** Take extra care to use repellent and protective clothing from dusk to dawn or consider avoiding outdoor activities during these times.

Mosquito proof your home:

- Install or repair screens on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it.
- Eliminate mosquito breeding sites around your home by emptying standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires and birdbaths on a regular basis.

The Hocking County Health Department has implemented many steps to help control the population of mosquitoes. In the past years the health department has treated many parts of the county with a "larvicide." This is an EPA approved chemical that is added to standing water where mosquitoes breed and immature mosquitoes develop. The larvicide is an insect growth

regular (IGR) that stops mosquitoes from becoming breeding, biting adults. It is labeled for use in known fish habitats because it only targets mosquitoes and does not upset the food chain or impact non-target species.

For more information concerning mosquitoes and mosquito-borne diseases, contact the Health Department at 740-385-3030 ext. 2 or visit our website at www.hockingcountyhealthdepartment.com.