



Avoid Mosquitoes

- Apply insect repellents on exposed skin registered with the U.S. Environmental Protection Agency (EPA). Follow label instructions.
- Wear clothing treated with permethrin or another EPA-registered insect repellent. Follow label instructions.
- Wear light-colored clothing, long-sleeved shirts or jackets and long pants to protect against mosquito bites.
- Consider avoiding outdoor activities during peak mosquito biting hours. Take extra care to use insect repellent during these hours if outdoors.
- Use mosquito netting when sleeping outdoors or in an unscreened structure.



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Plan ahead for mosquitoes when traveling

- Check travel notices on CDC's Travelers' Health website for mosquito-borne and other disease transmission updates for the country(ies) you are visiting.



- Speak to your healthcare provider about your travel plans. You may need malaria prophylaxis or yellow fever vaccination, depending on your destination.
- Pack appropriately to protect yourself from mosquitoes by bringing EPA-registered insect repellents, protective clothing and mosquito netting (if applicable).



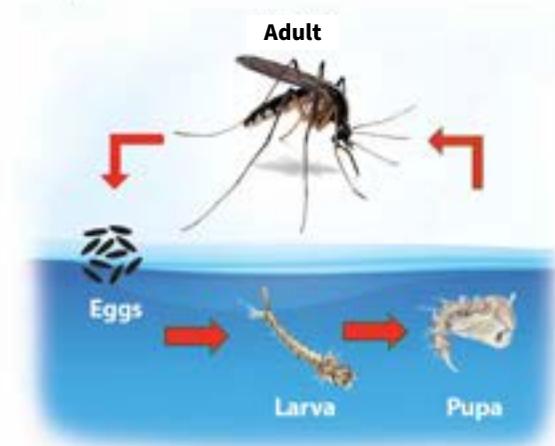
Stop mosquitoes from breeding in and around your home

- Empty standing water from flowerpots, buckets, barrels, tarps/covers and wheel barrows on a regular basis.
- Discard trash such as tin cans, plastic containers and other water-holding containers that have accumulated on your property.
- Dispose of discarded tires properly. Drill holes in tire swings so water drains out.
- Change the water in pet dishes frequently.
- Replace the water in bird baths weekly.
- Check and clean clogged roof gutters at least twice annually so they will drain properly.
- Aerate ornamental pools or stock them with mosquito-eating fish.
- Clean and chlorinate swimming pools, even those that are not being used.
- Keep children's wading pools empty and on their sides when they aren't being used.
- Consider using products containing *Bacillus thuringiensis israelensis* (Bti), available at many garden and home improvement stores, to control mosquito larvae in containers that are too large to empty. Follow the label instructions.
- Install or repair screens on windows and doors.
- Use air conditioning, if you have it.



Mosquito facts

- Mosquitoes breed in water.



- Only female mosquitoes bite people.
 - She needs blood meals to develop her eggs.
 - Male mosquitoes feed on nectar.
- The female mosquito picks up a disease when she bites an infected animal or bird.
- Once infected, she will carry the disease for life.
- People become infected when bitten by an infected mosquito.
- Only a few of the 59 species of mosquitoes in Ohio can transmit disease. However, the diseases these mosquitoes can carry are very serious ones and include:
 - Eastern equine encephalitis
 - La Crosse encephalitis
 - St. Louis encephalitis
 - West Nile virus
- Most people infected with these diseases have no symptoms.
- Some people who are infected have a mild fever, headache and muscle aches that can last up to a week.
- A small number of infected people will develop severe illness requiring hospitalization. These people may have body aches, fever, confusion, weakness, stiff neck, tremors, convulsions and may die.



Protecting Ohioans

In Ohio, state and local governments follow a surveillance and response plan for West Nile virus and other mosquito-borne viruses. Control measures are used to try to reduce mosquito breeding without harming the environment.

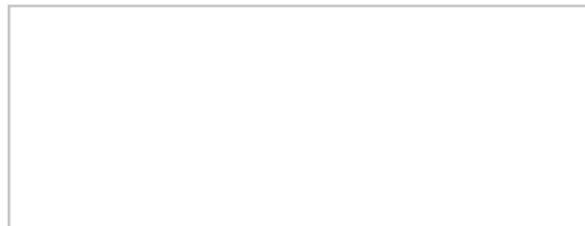
You can support community-based mosquito control programs by preventing mosquito breeding on your property such as eliminating standing water.

For additional information contact:

Ohio Department of Health
Bureau of Infectious Diseases
Zoonotic Disease Program
246 North High Street
Columbus, Ohio 43215
(614) 752-1029

www.Ohio.Gov/Mosquito

Or find your local health department
at www.odh.ohio.gov or the address below:



FIGHT! The Bite!



Avoid • Plan • Stop



Department of
Health