

PICK-A-DAY to FIGHT-THE-BITE



Facts about the Most Common Mosquitoes in Central Virginia:

- ◆ They breed in standing water that has collected in containers and other man-made items
- ◆ They don't breed in ponds or puddles of water over soil
- ◆ They live throughout Virginia
- ◆ They tend to bite during the day rather than at night
- ◆ The usual pesticide spraying is not effective against them
- ◆ They typically spend their entire lives within a 200-yard area
- ◆ They develop into adults in about 10 days

Therefore.....

*From May through October
PICK ONE DAY A WEEK
to check for breeding sites
on your property!*

Over....



PICK-A-DAY to FIGHT-THE-BITE

Pick one day per week
to empty or change the water
in these possible Mosquito Breeding Sites:

- | | |
|---|--|
| <input type="checkbox"/> Bird Baths | <input type="checkbox"/> Rain Barrels and Cisterns |
| <input type="checkbox"/> Boat and Cover | <input type="checkbox"/> Recycling Bins |
| <input type="checkbox"/> Buckets | <input type="checkbox"/> Swimming Pools |
| <input type="checkbox"/> Drain Pipes | <input type="checkbox"/> Tarps |
| <input type="checkbox"/> Artificial Fish Ponds | <input type="checkbox"/> Tires/Tire Swings |
| <input type="checkbox"/> Flower Pots/Trays | <input type="checkbox"/> Toys |
| <input type="checkbox"/> Items behind your Shed | <input type="checkbox"/> Trash Cans |
| <input type="checkbox"/> Items under your Deck | <input type="checkbox"/> Watering Cans |
| <input type="checkbox"/> Pet Food/Water Bowls | <input type="checkbox"/> Wheelbarrows |
| <input type="checkbox"/> Rain Gutters | <input type="checkbox"/> Utility Carts |
| <input type="checkbox"/> Any other man-made items that hold water | |

Protect yourself from mosquito bites:

- Use mosquito repellent
 - Carefully follow the directions
 - Approved active ingredients include: DEET, Picaridin, IR3535
- Wear long sleeves, pants, socks and shoes while outside
- Use undamaged screens on windows and doors



For more information, please visit:

www.cdc.gov/zika

<http://www.vdh.virginia.gov/environmental-epidemiology/mosquito-borne-disease-prevention-and-control/>