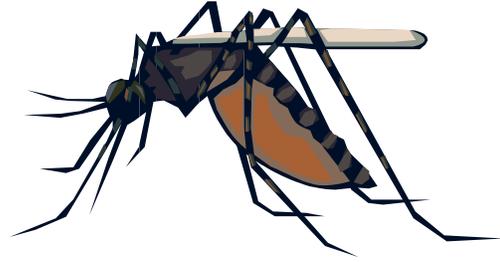


Protect Yourself From Mosquitoes



Why are we concerned about mosquitoes?

Most mosquito bites are harmless, but some carry serious diseases like West Nile Virus.

What can I do to keep mosquitoes from breeding?

Remove standing water from outside your house so mosquitoes can't lay eggs:

- Drain outside plant saucers every few days
- Change water in pet bowls, birdbaths, and wading pools often
- Flatten or puncture empty cans
- Cover garbage pails and recycling bins
- Turn buckets, wheelbarrows, toys and any outside containers upside down
- Dispose of old tires
- Open clogged roof gutters and drain flat roofs
- Empty water from stored boats and cover with a tarp
- Shake out tarps that collect water after it rains
- Repair leaking outdoor faucets



What can I do to prevent mosquito bites?

- Apply insect repellent with DEET to skin and clothing (use products with 10-30% DEET for children older than 2 months)
- Wear long sleeves and trousers when outside in the evening

For more information go to:

www.cdc.gov/ncidod/dvbid/westnile

Health Whys

A public health message from

Thomas
Jefferson Serving: Albemarle Charlottesville
HEALTH DISTRICT Fluvanna Greene Louisa Nelson

www.vdh.virginia.gov/LHD/ThomasJefferson