



“Mosquito” Prevention Tips

Mosquitoes can be more than a nuisance. Many carry serious diseases that affect humans and animals. Eastern Equine Encephalitis (EEE), LaCrosse Encephalitis and West Nile Virus are diseases that can easily be transmitted to humans through mosquito bites. In addition, children are often allergic to mosquito bites. These bites may become infected and develop into a bacterial skin infection called impetigo. Prevention is the most effective control for any pest problem. With mosquitoes, the key tactic is to eliminate breeding sites.

Mosquitoes can breed in just two teaspoons of stagnant water. The typical backyard can generate thousands of mosquitoes each week. Follow these simple steps to stop mosquito pests from reproducing and reduce the chance of mosquito bites:

- Discard all containers in your yard that can hold water such as tires, bottles, flowerpot saucers, small pools, buckets and tarps. If containers cannot be discarded, empty them at least every seven days.
- Keep gutters clean and in good repair.
- Repair leaky outdoor faucets.
- Clean and change the water in birdbaths and outside pet bowls at least twice a week.
- Screen or cover any outside rain barrels.
- Clean ornamental ponds and stock with goldfish or *Gambusia* fish that feed on mosquito larvae.
- Limit outdoor activities in the evening when mosquitoes are most active.
- Prevent bites by wearing long-sleeve shirts and long pants. Use a repellent containing DEET (10% or less for children; 30% or less for adults; none should be used on infants). Be sure to carefully follow the manufacturer’s instructions.
- Make sure screens on windows and doors fit tightly and are not torn.

Following these simple tips can help prevent mosquito breeding and potential bites. For more information about mosquitoes and mosquito-borne diseases, visit the North Carolina state website at www.deh.enr.state.nc.us/edmats.htm or contact the Guilford County Department of Public Health at 641-3771.