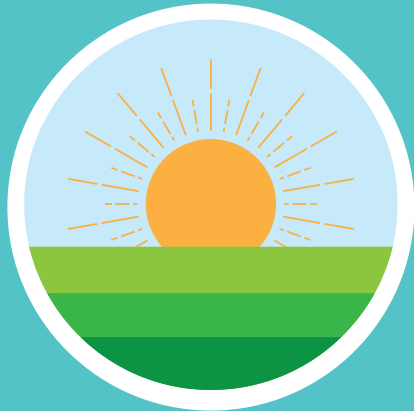


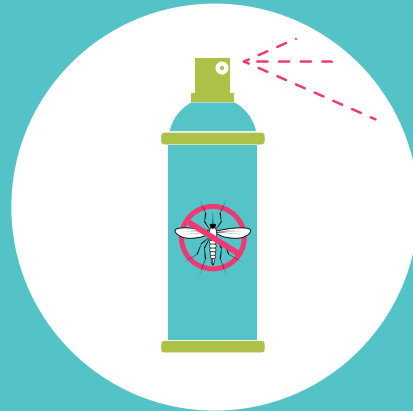
# PROTECT YOURSELF FROM MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



## Dusk and Dawn are feeding times

Mosquitoes are most active at dusk and dawn.



## Use insect repellent

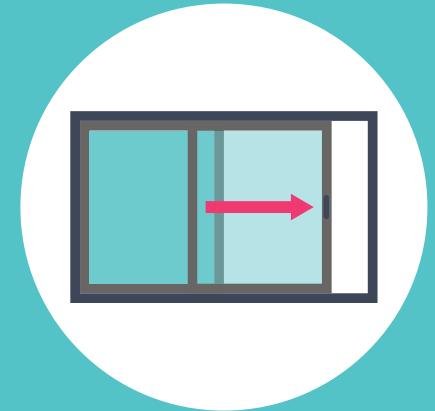
Look for the following active ingredients:

- DEET •PICARIDIN •IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



## Wear protective clothing

Wear long sleeved shirts and long pants. For extra protection, treat clothing with permethrin.



## Mosquito proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.



For more information on mosquitoes please visit: [www.cayugacounty.us/health](http://www.cayugacounty.us/health)

# SPEND TIME SAFELY OUTDOORS

It is important to make sure precautions are taken to prevent mosquito-borne and tick-borne illnesses. Some mosquito-borne illnesses known to Central New Yorkers include West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Another mosquito-related illness is the Zika Virus.



## Take steps to reduce your risk of getting bit by mosquitoes:

- Avoid going outdoors when mosquitoes are most active (dawn and dusk)
- If you go outdoors, wear a long sleeved shirt and long pants.
- Use insect repellents that contain DEET, PICARIDIN, IR3535, OIL OF LEMON EUCALYPTUS, PARA-MENTHANE-DIOL



## Take these steps to reduce mosquito breeding areas around your home:

- Eliminate standing water  
(turn over, cover or throw out items that hold water)
  - Tires, bird baths, planters, pools



## Take these steps to keep mosquitoes out of your home:

- Use screens on windows and doors
- Repair any holes in screens
- Use air conditioning when available

Along with mosquitoes, we need to be cautious of ticks because they carry and transmit disease. Some tick-borne illnesses include Lyme Disease, Rocky Mountain Spotted Fever and Powassan Virus. You can take some of the same steps to prevent tick bites.



## Prevent tick bites by:

- Using insect repellents that contain 20-30% DEET
- Wear long sleeved shirts and pants, tuck pants into your socks
- Shower soon after being outdoors
- If you spend lots of time outdoors be sure to check yourself and your animals for ticks daily

For more information on mosquitoes and ticks you can visit the Cayuga County Health Department website

[www.cayugacounty.us/health](http://www.cayugacounty.us/health)

