

WEST NILE VIRUS PREVENTION TIPS



West Nile virus (WNV) is transmitted through the bite of an infected mosquito. The common house mosquito (*Culex Pipiens*) is considered to be the primary species that spreads WNV in the United States.

The following tips can lower your risk for mosquito bites:

- Limit outdoor activities in the early morning and evening (dawn and dusk) when mosquitoes are most active. Avoid shaded areas where mosquitoes may be resting.
- If weather permits, wear protective clothing such as long sleeved shirts and pants.
- Use insect repellents that contain DEET (N, N-Diethyl-meta Toluamide) only as directed by the manufacturer's instructions.
 - ✓ Avoid prolonged and excessive use of DEET. Frequent application and saturation of skin do not increase effectiveness, but will increase likelihood of adverse reactions.
 - ✓ Do not use on infants and avoid applying higher concentration products directly to the skin of children (apply repellent to clothing and footwear). Avoid using DEET on damaged skin (sunburn, cuts, eczema or psoriasis).
 - ✓ If you are allergic or have an adverse reaction to DEET contact your physician.
- Keep your property mosquito "unfriendly" by removing all sources of standing or stagnant water where mosquito larvae can breed. Mosquitoes will develop in any standing water or puddle that lasts more than 4 days!
 - ✓ Dispose of tin cans, plastic containers, ceramic pots and old discarded tires. One tire can produce tens of thousands of mosquitos in a single season.
 - ✓ Drill extra holes in the bottom of recycling containers that are left outdoors.
 - ✓ Inspect and clean clogged roof gutters on an annual basis - roof gutters can produce *millions* of mosquitoes each season.
 - ✓ Eliminate standing water that collects in unused wheelbarrows, plastic wading pools, birdbaths and buckets. Cover children's sandboxes when not in use.
 - ✓ Aerate water gardens and ornamental pools, or stock them with fish.
 - ✓ Clean and chlorinate swimming pools that are not being used. If you cover your pool while on vacation, remember that mosquitoes can also breed in the standing water that collects on the cover after it rains.



WEST WINDSOR HEALTH DEPARTMENT

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