

## Mosquitoes!

### Not in MY back yard!

#### Prevention Tips for Homeowners

Prevent mosquitoes from breeding on your property. Mosquitoes can develop in any standing water that lasts for a week or more.



- Remove all discarded tires. Used tires are a common mosquito-breeding site.
- Dispose of unneeded cans, plastic containers, flower pots or similar water-holding containers.
- Make sure roof gutters drain properly.
- Turn over wading pools and wheelbarrows when not in use.
- Stock ornamental pools, rain barrels, and animal watering troughs with mosquito fish (Gambusia), guppies, or goldfish.
- Clean vegetation and debris from pond edges.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs.
- Drain water from pool covers and tarps covering cars, boats, etc.
- Fill water holding cavities and pockets in trees with sand, gravel or soil.
- Use landscaping to eliminate stagnant water that collects on your property.
- Clean out drainage ditches so water can flow.
- Change water in birdbaths once a week.



## Reporting Dead Crows and Blue Jays

If you find a dead crow or blue jay, contact your Local Health Department. Only crows and blue jays are being tested. Birds that will not be tested should be buried or placed in a double plastic bag and discarded in the trash.

## REMEMBER TO WEAR RUBBER OR PLASTIC GLOVES WHEN HANDLING ANY DEAD ANIMAL.

For more information you can contact:



The Ohio Department of Health  
Vector-Borne Disease Program  
900 Freeway Drive, Bldg. 8  
Columbus, OH 43229  
1-866-634-2968

or log on to our web site at  
[www.odh.state.oh.us](http://www.odh.state.oh.us) and  
search "West Nile".



## West Nile Virus Transmission Cycle



### WNV Facts

- West Nile virus (WNV) is spread to people by the bite of infected mosquitoes. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes transmit the virus to people or other animals.
- Many types of birds can carry WNV; however, crows and blue jays are most sensitive.
- Horses can become sick or die from WNV.
- WNV is not transmitted person-to-person or animal-to-person.
- Only a few species of mosquitoes are known to transmit WNV.

### What is Ohio Doing about WNV?

- Since 1999, local, state, and federal agencies participated in a Work Group to address WNV. A plan for Ohio has been prepared. It serves as a guide for all Ohioans in education, surveillance, prevention, and control of WNV.
- To see the plan, and more, go to the web site shown at the end of this pamphlet, search on "West Nile", and look under "Publications"

Mosquitoes transmit four types of virus in Ohio that can cause encephalitis in people, including: La Crosse, St. Louis, West Nile, and Eastern Equine Encephalitis virus. Only blood tests can tell them apart.

### Exposure to WNV

#### Symptoms in Humans

Most people who are bitten by an infected mosquito will have no symptoms or only mild symptoms that will last a couple of days. These include a mild fever, headache, and muscle aches. About 1 out of 150 people develop symptoms. Most people will have a mild illness, but 10 to 15 percent of them will develop a more serious illness, including high fever, severe headaches, stiff neck, confusion, or muscle weakness, which can result in hospitalization with meningitis or encephalitis. Most people with severe illness due to WNV are over 50 years old.

#### Symptoms in Horses

Clinical signs of West Nile virus infection in horses include: listlessness, stumbling, lack of coordination, partial paralysis, and death. Horses with West Nile virus often do not have a fever. Horses can be protected by vaccination.

#### Dogs and Cats

WNV is not considered a major risk to dogs and cats. Only a few have been reported with WNV infection.



### Personal Protection

You can take the following steps to protect yourself from being bitten by an infected mosquito:

- Avoid being outdoors during peak mosquito biting periods, which are dawn and dusk.
- Wear light-colored, long sleeved shirts and long pants.
- Make sure all windows and doors have screens (16-mesh) and keep them in good repair.
- When tent-camping, be sure to zip up the screened entrance and window flaps.
- Use colognes and perfumes sparingly.
- Use mosquito repellents sparingly and follow the label directions.
- Use an insect repellent containing 10% DEET (N,N-diethyl-meta-toluamide) for children and no more than 30% DEET for adults. The 10% or less products are effective for about 2 hours. The 30% products are effective for about 4 hours.
- Keep DEET out of reach of children.
- Do not allow young children to apply DEET to themselves. An adult should put the repellent on his/her hands and rub it on the child's exposed skin. Do not apply DEET around the eyes, nose, or mouth.
- Avoid prolonged or excessive use of DEET and wash treated skin after returning indoors.
- Do not use DEET on infants or pregnant women.
- Mosquito repellents containing permethrin are to be used on clothing, NOT skin.

If you believe you or a child is having an adverse reaction to DEET, wash the treated area immediately and contact your health care provider or poison control center.