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Nebraska needs your help to **Fight the Bite!**

In addition to preventing mosquito bites and controlling mosquitoes around the home, here are some other things that you can do:

- ▶ Help get the word out.
- ▶ Encourage neighbors to get involved in prevention efforts: Find out about local neighborhood associations and find a meeting to speak at or distribute information.
- ▶ Organize a community work party: help recycle tires, clean up trash, repair window and door screens, clean out gutters, overturn containers that might hold water.
- ▶ Volunteer or participate in community clean up days.

FOR MORE INFORMATION

Centers for Disease Control and Prevention
<http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html>

<http://www.cdc.gov/westnile/faq/mosquitocontrol.html>

Nebraska Department of Health & Human Services
<http://dhhs.ne.gov/wnv>

World Health Organization
http://www.who.int/denguecontrol/control_strategies/en/

Department of Health & Human Services



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Fight the Bite

What you should know

Preventing exposure to mosquitoes.

Because it is difficult to tell how many mosquitoes may be infected with a virus, it's important to prevent exposure at all times.

At least 50 mosquito species are found in Nebraska. Only a few species may be able to transmit disease. There are three endemic mosquito viruses that are carried by mosquitoes in Nebraska: West Nile virus (WNV), St. Louis Encephalitis (SLE), and Western Equine Encephalitis (WEE) viruses. Because it is difficult to tell how many mosquitoes may be infected with a virus, it is important to prevent exposure to mosquitoes at all times. Several ways to help prevent exposure to mosquitoes are preventing mosquito bites and controlling mosquitoes around your home and property.

Preventing mosquito bites and mosquito borne disease.

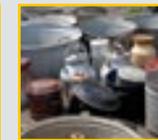
- ▶ Wear long-sleeved shirts and pants.
- ▶ Stay in places with air conditioning and window and door screens.
- ▶ Sleep under a mosquito net if you are overseas or outside and not able to protect yourself.
- ▶ Use an EPA approved insect repellent. **Always Follow the Label Directions!**
- ▶ Although low risk, returning travelers should avoid mosquito bites for three weeks even if they do not feel sick to avoid potentially spreading viruses like Zika, dengue, and chikungunya to mosquitoes that could spread the viruses to other people.

Controlling mosquitoes around the home and property.

Use an outdoor flying insect spray or hire a pest control professional to treat areas where mosquitoes rest.

- ▶ Install or repair and use window and door screens. Do not leave doors open.
- ▶ At least once a week, empty and scrub, turnover, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay their eggs near water.
- ▶ Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- ▶ For containers without lids use wire mesh with holes smaller than adult mosquitoes.
- ▶ Use larvicides to treat large containers that cannot be covered or dumped out. Larvicides can also be used to treat holes in trees that might hold enough water for mosquitoes to develop in.
- ▶ Use an outdoor flying insect spray or hire a pest control professional to treat areas where mosquitoes rest. Mosquitoes rest in dark, humid areas like under patio furniture, under carports, inside of vegetation like plants and grass, barns, caves, holes in the ground, and holes in trees. **Always Follow the Label Directions!**
- ▶ If you have a septic tank repair cracks or gaps. Cover open vents or plumbing pipes. Use wire mesh with holes smaller than adult mosquitoes.

Examples of potential mosquito breeding areas.



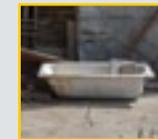
Tree holes and animal drinking containers



Discarded containers



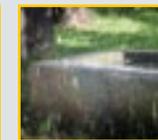
Trash cans, painting trays, and toys



Water storage containers, buckets, and jars



Ornamental plant containers, plastic swimming pools, and bucket with aquatic plants



Broken or unsealed septic tanks