

Fight the Bite



Fight the Bite Tips

- ▶ At least 50 mosquito species are present in Nebraska, however, only a few transmit disease
- ▶ Nebraska has three endemic mosquito viruses: West Nile virus, St. Louis Encephalitis and Western Equine Encephalitis
- ▶ The best ways to prevent mosquito-borne viruses are to limit mosquito bites and control mosquito populations on your property

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Recommendations to Prevent Mosquito Bites and Mosquito Borne Diseases

- ▶ Wear EPA-approved long-sleeved shirts and pants
- ▶ Stay in places with air conditioning as well as tight-fitting window and door screens
- ▶ Sleep under a mosquito net if in a high-risk country or outside and unable to protect yourself
- ▶ Use an EPA approved insect repellent (**Always Follow the Label Directions!**)
- ▶ Avoid mosquito bites for three weeks upon return from travel, even if asymptomatic, to prevent spreading arboviruses such as Zika, dengue, and chikungunya to mosquitoes that could potentially infect other humans

Recommendations to Control Mosquitoes around your Home and Property

- ▶ Mosquitoes rest in dark, humid areas and typically lay their eggs near bodies of water
- ▶ Potential mosquito resting and breeding areas include: tree holes, animal drinking containers, trash cans, toys, buckets, plastic swimming pools, broken or unsealed septic tanks, discarded tires, barns and underneath patio furniture and carports
 - ▶ Install and utilize window and door screens (**Do Not Leave Doors Open!**)
 - ▶ Empty and scrub, turnover, cover, or throw out (at least once a week) any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers or trash containers
 - ▶ Tightly cover water storage containers (i.e. buckets, cisterns, rain barrels) so mosquitoes cannot get inside and lay eggs
 - ▶ For containers without lids, cover with wire mesh (hole size smaller than adult mosquitoes)
 - ▶ Use larvacides to treat water-containing holes in trees or large containers that cannot be covered or dumped out
 - ▶ Use an outdoor flying insect repellent or hire a pest control professional to treat areas where mosquitoes rest (**Always Follow the Label Directions!**)
 - ▶ Repair cracks or gaps in unsealed septic tanks
 - ▶ Cover open vents or plumbing pipes with wire mesh (hole size smaller than adult mosquitoes)