



# Mosquito-Borne Illness



## Is your family protected?

With mosquito-season upon us, use this information to protect you and your family against serious mosquito-borne illnesses, such as West Nile Virus and Eastern Equine Encephalitis Virus.

### **Know the facts:**

- Mosquitoes are most active from dusk to dawn.
- Mosquitoes live and breed in swampy areas, or areas with standing water.
- Mosquito activity increases during summer months.
- Groups most at risk for illness include children, adults over the age of 50, and those with weakened immune systems.
- Symptoms of mosquito-related illness are often flu-like, but can become more severe for some people

**The best way to protect your family from illness caused by mosquito bites is by keeping mosquitoes from biting you!**

### **Tips for Avoiding Mosquito Bites:**

- If possible, avoid outdoor activity when mosquitoes are present.

#### When Outdoors:



- Apply mosquito repellents containing DEET
- When the weather permits, wear long sleeves and pants
- Mosquito-proof your home:
  - \* Have intact screens on windows and doors.
  - \* Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets, and barrels.
  - \* Change the water in your bird bath weekly.
  - \* Keep children's wading pools empty when not in use.

*For more information on mosquito-borne illness, visit the Cayuga County Health Department Website:*

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