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Take Steps Now and All Summer to Fight the Bite!

The Cayuga County Health Department is encouraging all residents to take steps around your homes to protect you and your family from mosquito bites and the threat of mosquito-borne diseases such as West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEE). Many types of mosquitoes lay their eggs in standing water around the home. Weeds, tall grass, and shrubbery provide an outdoor home for adult mosquitoes, which also may enter houses through unscreened windows or doors, or broken screens. Many mosquitoes will breed in containers that hold water, such as flower pots or discarded tires.

Take these steps now to reduce your risk:

- make sure there are screens in your home's windows and doors
- make sure they are free of rips, tears, and holes

Reduce mosquito breeding by eliminating standing water on your property:

- clean clogged rain gutters
- dispose of tin cans, plastic containers, ceramic pots, or similar water holding containers
- dispose of old tires that may be around your home
- turn over wheelbarrows and wading pools when not in use
- change water in bird baths every four days
- properly maintain swimming pools, outdoor saunas, and hot tubs, drain water from pool covers
- use landscaping to eliminate low spots where standing water accumulates

Although many mosquitoes are most active between dusk and dawn, there are some mosquitos that are aggressive biters during the daytime. If you are spending time outdoors at any time of day or night, you should take the following precautions:

- Wear shoes, socks, long pants and long-sleeved shirts
- Consider using a mosquito repellent containing 20-30% DEET or Picardin
- Follow the label direction
- Do not spray repellent in enclosed areas
- Put a small amount of repellent on your hands and apply it to your child. Do not let children touch repellents. Repellents containing DEET should not be used on children under two months old
- Use just enough repellent to cover exposed skin
- Do NOT use repellents containing permethrin directly on your skin
- Do NOT spray repellent directly on your face, especially near the eyes or mouth
- Apply a small amount of repellent near the ears
- Do NOT use repellent on cuts, wounds, or on irritated skin
- Wash your treated skin with soap and water after returning indoors
- If you have a reaction to a repellent, wash the treated skin with soap and water right away and call your doctor

For more information, visit our website: <https://www.cayugacounty.us/797/Mosquito-Borne-Illness>