

# Fight the Bite

## Protect yourself from mosquito-borne diseases: West Nile Virus and EEE

**Mosquito** bites can spread diseases like West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Mosquito-borne disease is spread by the bite of an infected mosquito.

**Who is most at risk?** Adults over 50 years old and children younger than 15 are the most at risk for becoming severely ill from infection.

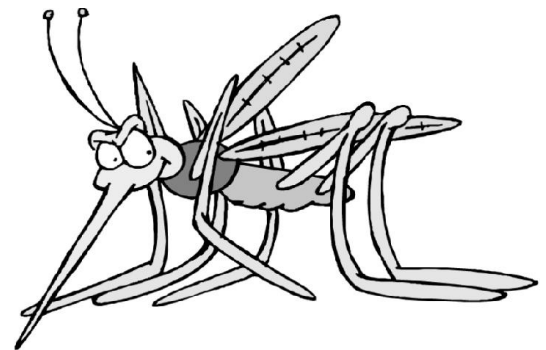
**What are the signs and symptoms?** Most people who are infected with WNV or EEE do not develop any signs and symptoms. However, both WNV and EEE are potentially serious illnesses. Signs and symptoms can include headache, high fever, chills, vomiting, body aches, nausea, disorientation, seizures, coma, neck stiffness, tremors (shaking), muscle weakness, vision loss, and paralysis. Consult your healthcare provider if you develop any of these signs and symptoms.

**Mosquito proof your home!** Install or repair screens on windows and doors. Get rid of water that collects around your home and yard. At least once or twice a week, empty water from flower pots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans. Check for clogged rain gutters and clean them out. Remove discarded tires and other items that could collect water.

**Protect yourself when outdoors!** Mosquitoes are most likely to bite at dusk and dawn. If you spend time outdoors during these hours, wear long pants, a long-sleeved shirt, shoes, and socks. Spray clothing and shoes with products containing permethrin.

### Use repellent! Follow these tips:

- Use an EPA-registered insect repellent.
- Repellents containing DEET, Picaridin, IR3535 and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.
- Always follow the label directions to ensure proper use.
- Do not allow children to handle repellent. Put a small amount of repellent on your hands and apply it to your child.
- Use just enough repellent to cover exposed skin.
- Do not use repellents under your clothing.
- Do not spray repellent directly on your face, especially near the eyes or mouth. Apply repellent sparingly near the ears.
- Do not use repellent on cuts, wounds, or irritated skin.
- Do not spray repellent in enclosed areas.
- After returning indoors, wash treated skin with soap and water.
- If you suspect a reaction to a repellent, wash the treated skin with soap and water and contact your local poison control center.



**If you have questions call 435-1649.**

Onondaga County Health Department



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