

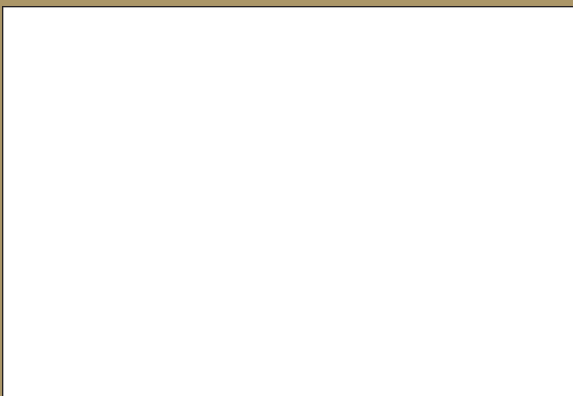
**FOR ADDITIONAL  
INFORMATION CONTACT :**

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Ohio Department of Health  
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Reynoldsburg, Ohio 43068  
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Ohio Department of Health:  
<http://www.odh.ohio.gov>

Centers for Disease Control and  
Prevention: <http://www.cdc.gov>

or your local health  
department at the address  
listed below:



# Fight the Bite Ohio!



**PREVENT  
MOSQUITO-BORNE  
DISEASES**

## CAN A MOSQUITO BITE MAKE ME SICK?

Diseases that people can get from mosquitoes in Ohio:

- West Nile virus (WNV)
- St. Louis encephalitis (SLE)
- La Crosse encephalitis (LAC)
- Eastern equine encephalitis (EEE)



If a mosquito bites an infected bird or mammal, it can then transmit these viruses to humans. They can make some people very sick with encephalitis - causing inflammation of the brain and nervous system.

## WHAT ARE THE SYMPTOMS OF MOSQUITO-BORNE VIRUSES?

- Most people infected with mosquito-borne viruses show no symptoms.
- Some people infected with a mosquito-borne virus have a mild fever, headache and muscle aches that will last up to a week.
- A small number of infected people will develop severe illness requiring hospitalization. These people may have body aches, fever, confusion, weakness, stiff neck, tremors, convulsions and may die.
- People over 50 years old who become infected with WNV, SLE or EEE are more likely to develop severe illness and may die from the disease.
- Children under the age of 16 who contract LAC or EEE are more likely than adults to develop severe illness.
- People with existing health problems who become infected with a mosquito-borne disease are at increased risk for severe illness.

## WHAT IS BEING DONE TO PROTECT OHIOANS?

In Ohio, state and local governments follow a surveillance and response plan for WNV and other mosquito-borne viruses. Control measures are used to try to reduce mosquito breeding without harming the environment.

You can support community-based mosquito control programs by reporting dead birds and preventing mosquito breeding on your property by eliminating standing water.




## REPORTING DEAD BIRDS

- West Nile virus often kills crows and blue jays. Dead crows and blue jays may be a sign that WNV is circulating between birds and mosquitoes in an area.
- Contact your local health department if you see dead birds during mosquito season.
- Local health departments may send dead crows and blue jays to the Ohio Department of Health for testing.
- By reporting dead birds to your local health department, you can play an important role in monitoring WNV.



## AVOID BEING BITTEN BY MOSQUITOES

- Clothing will help protect you from mosquito bites. When possible, wear long sleeves, long pants and socks in addition to repellent when outdoors.
  - Repel mosquitoes when going outdoors during mosquito season by using repellents that contain an EPA-registered active ingredient such as DEET or picaridin. Follow the directions on the label.
  - Be aware of peak mosquito hours. Mosquitoes are most active and biting during the early morning and late evening hours. If outdoors at dawn or dusk, take extra care to use repellent and wear protective clothing.
  - Keep window and door screens closed and in good repair to keep mosquitoes out of your house.
  - Mosquitoes rest in tall weeds. Keep weeds cut short to help deter mosquitoes.
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- Avoiding mosquitoes doesn't mean kids have to stay inside in front of the TV. Get them outside and playing, but remember – a couple of seconds applying an effective repellent to exposed skin and clothing will help everyone stay healthy.
  - **On children, use products that have no more than 10 percent DEET.** Follow the directions on the label.



## DRAIN WATER WHERE MOSQUITOES GROW

- Mosquitoes can grow in containers that hold water for more than a week such as pop cans, buckets, bottles and discarded tires.
- Containers that fill with water should be emptied at least once a week.
- Change the water in birdbaths every week.
- Keep rain gutters clean.
- Fix outdoor leaking faucets.
- Clean ditches so water can flow.
- Fill holes that hold water with gravel or dirt.

