

## **It's That Time of Year Again: How to Prevent Mosquito-Borne Illness**

It's that time of year again – mosquito breeding season. The Needham Public Health Department would like to remind you of some important tips to help prevent the possibility of contracting mosquito-borne illnesses, specifically, West Nile Virus (WNV). Warm temperatures and frequent rainfall are favorable to the growth of mosquito populations. These mosquitoes use small amounts of standing water for breeding, so remember to empty any standing water sources you may have.

Here are the main mosquito prevention reminders to help keep your self safe:

1. **TIP.** Reduce standing water to eliminate mosquito threats, including those in children's sandboxes, wagons or plastic toys; underneath and around downspouts, in plant saucers and dog bowls. Other hot spots include tarps, gutters, and flat roofs.
2. **TOSS.** Remove excess grass, leaves, firewood and clippings from yards.
3. **TURN.** Turn over larger yard items that could hold water like children's portable sandboxes or plastic toys.
4. **REMOVE TARPS.** If tarps stretched over firewood piles, boats or sports equipment and grills aren't taut, they're holding water.
5. **PROTECT.** Using DEET-containing bug spray on the body will help keep mosquitoes and ticks at bay.

It is very important to find an effective repellent now and make a habit of using it throughout the season. A selector tool is available on <http://pi.ace.orst.edu/repellents/>. Remember, the best protection is prevention!

For more information on this topic, you may contact the Needham Public Health Department office at (781) 455-7500; Ext. 511. You can also check out the American Mosquito Control Association (AMCA) website - <http://www.mosquito.org/>. The Norfolk County Mosquito Control Project offers more information on their website at: <http://www.norfolkcountymosquito.org/> or you can reach them at (781) 762-3681.

