

Avoiding Mosquitoes...

Taking action to avoid mosquito bites is very important and can reduce the likelihood of you and your family members contracting a mosquito-borne disease. There are many steps that you can take to prevent getting bit by mosquitoes. Keep in mind that the highest mosquito activity occurs through the months of May to September between dusk and dawn, so you should make sure to take extra precautions during these times.

How to avoid getting bit by mosquitoes...

Use insect repellent that is approved by the Environmental Protection Agency (EPA), such as Repel, on exposed skin. Make sure to follow the application directions on the label.

Wear light-colored clothing, long-sleeved shirts, and long pants to avoid mosquito bites.

If you are camping and sleeping outdoors, make sure to sleep with mosquito netting around you.

Place citronella candles in your area when you are sitting outside where mosquitoes might be present. Citronella candles contain oils from the citronella plant that has been found to repel mosquitoes.

Will you be traveling to a different state or country? You should follow some extra steps to prevent mosquito bites while traveling abroad.

You can visit the Centers for Disease Control's (CDC) Traveler's Health Website (<https://wwwnc.cdc.gov/travel/>) for the latest up-to-date health notices for countries that you plan to visit, including mosquito-borne transmission updates.

You should speak with your healthcare provider about your travel plans to discuss possible vaccinations that you should get before departing. These could include malaria prophylaxis or yellow fever vaccinations depending where you will be traveling.

If needed, remember to pack extra insect repellent, protective clothing, mosquito netting, and other preventatives that you can use if needed.

Protecting yourself and your family from mosquito bites is the first step in reducing your chances of getting a mosquito-borne disease. For more information about the different types of mosquito-borne diseases and how to avoid mosquitoes, visit the Ohio Department of Health website at: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/zoonotic-disease-program/resources/mosquito-borne-diseases>

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