

The Word on West Nile Virus.....



Follow the 3 R's to reduce your risk of becoming infected by West Nile virus: REMOVE the source on your own property, REDUCE the risk of exposure, and use the right REPELLENT.



REMOVING THE SOURCE

- Help reduce the number of mosquitoes in areas outdoors where you work or play, by draining sources of standing water. In this way, you reduce the number of places mosquitoes can lay their eggs and breed.
- 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.
- Be sure to check for containers or trash in places that may be hard to see, such as under bushes.

REDUCE THE RISK

- Install or repair window and door screens so that mosquitoes cannot get indoors.
- When weather permits, wear long-sleeved shirts and long pants whenever you are outdoors.
- Place mosquito netting over infant carriers when you are outdoors with infants.
- Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.

USE A REPELLANT (*Whenever you use an insecticide or insect repellent, be sure to read and follow the manufacturer's DIRECTIONS FOR USE, as printed on the product.*)

- Apply insect repellent to exposed skin. Generally, the more active ingredient a repellent contains the longer it can protect you from mosquito bites. A higher percentage of active ingredients in a repellent does not mean that your protection is better—just that it will last longer.
- Repellents may irritate the eyes and mouth, so avoid applying repellent to the hands of children.
- Experts state that children should use less than 10% DEET and make sure you wash hands and your child's hands after applying.
- Spray clothing with repellents containing permethrin or another EPA-registered repellent since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to exposed skin. Do not apply repellent to skin under your clothing.

Morris County residents may report mosquito problems and standing water to the Morris County Mosquito Commission at (973) 285-6450. For general information on West Nile virus, please visit or contact your local health department. In addition, information may be obtained from the State Department of Health and Senior Services website at <http://www.state.nj.us/health/cd/westnile/enceph.htm>, CDC web site at <http://www.cdc.gov/ncidod/dvbid/westnile/> or at the Morris County Mosquito Extermination Commission website at www.morriscountynj.gov/mosquito. The Morris County Mosquito Extermination Commission website also provides up-to-date information on where and when mosquito spraying will be occurring.

Works Cited:

"The Buzz-z-z-z on West Nile Virus" http://www.bam.gov/sub_diseases/diseases_westnile.html
Rutgers: New Jersey Agricultural Experiment Station. "Protecting Yourself from Mosquito Bites." Fact Sheet FS1125, May 2010.

[CDC's Guidelines for Surveillance, Prevention, and Control](#)  (286 KB, 111 pages).