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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## MOSQUITO BITE PREVENTION

Just like the ticks we wrote about earlier this month, the warmer weather during the summer increases mosquito activity. Have you ever been bitten by a mosquito? Almost everyone has. While most mosquito bites are just annoying, some types of mosquitos can also carry diseases. According to the Ohio Department of Health (ODH), last year, there were seven West Nile virus cases, including one death, and 13 La Crosse virus cases in Ohio. Most people infected with these viruses do not have symptoms, or have only mild symptoms like fever, headache, nausea, and vomiting. In rare cases, they can cause severe disease.

When it comes to mosquito bites, everyone is at risk. You can however, take actions to help prevent mosquito bites. ODH offers the following tips to avoid mosquito bites:

- Use EPA-registered repellents when going outdoors according to label instructions.
- Wear light-colored clothing, long sleeves, long pants, and socks when outdoors.
- Consider avoiding outdoor activities during peak mosquito biting hours (dusk to dawn).
- Mosquitoes may bite through thin clothing, so spraying clothes with an EPA-registered repellent will give extra protection.
- Help reduce the number of mosquitoes around your home by emptying standing water on a regular basis from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and bird baths.

For more information on mosquitoes, and the diseases they can carry, visit [www.odh.ohio.gov/mosquitoe](http://www.odh.ohio.gov/mosquitoe)