



PREVENTING DISEASES SPREAD BY MOSQUITOES

Eastern equine encephalitis (EEE) and West Nile virus (WNV) are rare but serious viral diseases that are caused by a virus transmitted by the bite of an infected mosquito. Birds are the source of infection for mosquitoes, which can sometimes transmit the infection to horses, other animals, and, in rare cases, people.

The best way to prevent both EEE and WNV is by avoiding mosquito bites. Residents can take simple and inexpensive precautions to avoid being bitten by mosquitoes and to eliminate mosquito breeding sites.

- If outside during evening, nighttime and dawn hours, or at any time mosquitoes are actively biting, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- Consider using an effective insect repellent. The Centers for Disease Control and Prevention (CDC) recommends a variety of effective repellents. The most important step is to pick one and use it. There are those that can protect you for a short while in the backyard or a long while in the woods. DEET, picaridin, IR3535 and the plant-based oil of lemon eucalyptus are all repellents recommended by CDC. All contain an EPA-registered active ingredient and have been studied to make sure they are effective and safe. Always use repellents according to manufacturer's directions.
- Reduce the number of mosquito breeding sites on your property. Mosquitoes lay their eggs in standing water. Adult mosquitoes use weeds, tall grass, and bushes to rest during the daytime. Mosquitoes can enter homes through unscreened windows or doors, or broken screens. Here are some steps that you can take:
 - Make sure that doors and windows have tight-fitting screens. Repair or replace all screens in your home that have tears or holes.
 - Eliminate standing water around residential and commercial areas by discarding outdoor artificial containers such as tin cans, plastic containers, glass bottles, or similar water-holding containers.
 - Do not attempt to drain or alter natural water bodies for mosquito control. Since the management of ponds and wetlands is regulated by the Department of Environmental Services, any planned alterations will require a permit before work may begin.
 - Remove all discarded tires from your property. The used tire is the most common site for mosquito breeding in the United States.
 - Dispose of or drill holes in the bottom of containers left outdoors, such as recycling containers or flowerpots. Drainage holes on the sides of containers will still allow enough water for mosquitoes to breed. Do not overlook containers that have become overgrown by aquatic vegetation.
 - Mow grass and weeds as short as possible and thin shrubs to allow air circulation through plants.

- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall and as often as necessary to eliminate standing water.
- Tightly screen “rain barrels” to ensure mosquitoes can’t deposit eggs in or on water.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use, keep empty and covered. Do not allow these covers to collect standing water.
- Aerate ornamental pools or stock them with fish. Water gardens become major mosquito producers if they are allowed to stagnate.
- Turn over wheelbarrows and plastic wading pools when not in use. Both provide breeding sites for domestic mosquitoes.
- Change water in birdbaths at least twice weekly.
- Remind or help neighbors to eliminate mosquito breeding sites on their property.

Note: Although certain pesticide products are available for sale in the marketplace to control mosquito larvae, one must obtain a special permit from the Department of Agriculture, Division of Pesticide Control to be able to apply pesticides to any surface waters in the State of New Hampshire. Questions regarding how to apply for such special permits may best be directed to the New Hampshire Department of Agriculture, Division of Pesticide Control at 603-271-3550.