

# Protect Yourself From Mosquitoes

*Protecting and promoting the  
health of the residents of  
Cuyahoga County*

5550 Venture Drive  
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## Mosquito Control Program

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### **Avoid being bitten by mosquitoes**

- ◆ Wear light-colored clothing, long sleeves and pants and socks with shoes. This clothing will protect you from mosquito bites.
- ◆ Keep window and door screens fixed and closed to keep mosquitoes out of your house.
- ◆ When possible, stay indoors during the early morning (dawn) and late evening (dusk). This is when mosquitoes are feeding.
- ◆ Cut high weeds around your house. Mosquitoes rest in tall weeds.

### **Drain water where mosquitoes grow**

- ◆ Throw away things around your home that hold water. Mosquitoes live in pop cans, buckets, bottles, old tires and old flower pots.
- ◆ Turn over things that fill up with water, such as barrels, kiddie pools and wheelbarrows.
- ◆ Change the water in birdbaths once a week.
- ◆ Drill holes in flower pots or anything that holds water.
- ◆ Clean rain gutters.
- ◆ Fix outdoor leaking faucets.
- ◆ Clean ditches so water can flow.
- ◆ Fill holes that hold water with gravel or dirt.

# How Can I Protect Myself and My Family from West Nile Virus?

## Spray — when you have to

- ◆ Yourself— use repellents (see list below). Follow the directions on the label.
- ◆ Your family—On children, use products that have no more than 10% DEET. Follow the directions on the label.
- ◆ Your neighborhood—When many infected mosquitoes are present, local mosquito control agencies may decide that spraying is needed to keep WNV from spreading and making people sick.

## Repellents

The Cuyahoga County Board of Health encourages the use of insect repellent which offers personal protection measures against mosquito-borne diseases. Products include various sprays and/or lotions with different ingredients that will provide protection against mosquito bites and ticks. Most products on the market contain the active ingredient DEET. However, the Centers for Disease Control and Prevention (CDC) recently recommended some new repellents. The CDC has found that oil of lemon, eucalyptus and Picaridin offer effective protection against mosquitoes that may carry the West Nile Virus. **The CCBH does not endorse any one product, but does encourage the use of personal repellent to protect against mosquitoes.**

## Read & Follow the Label

As always read and follow the label on the repellent before application. Below is a listing of some of the personal protective products that can be found at your local drug/grocery or home repair store:

1. Products containing DEET: Repel Products, OFF! Products, Cutter Products, Local store brands
2. Products containing PICARIDIN: Cutter Advanced
3. Products containing OIL of Lemon EUCALYPTUS: Repel Lemon Eucalyptus (only insect repellent product in U.S. made with oil of lemon eucalyptus)