MOSQUITOS AND DISEASE

Recent reports of cases of Eastern Equine Encephalitis in mosquitoes and humans should remind us of the dangers of mosquitoes and the need for us all to be aware and take precautions against exposure. Rest assured that the health department and County Mosquito Control work very closely to identify areas of risk and to arrange for treatment as appropriate. Mosquitoes and the diseases they spread have been responsible for killing more people across the globe than all the wars in history, but New Jersey has a long and effective history of monitoring and controlling mosquitoes. Mosquitoes are linked with diseases such as West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), and others. All of these illnesses can be dangerous, or deadly, and can be prevented. Even though the weather is getting cooler, these animals can survive and represent a threat into the fall and early winter.

To prevent contact with mosquitoes:

- Maintain the integrity of window and door screens and weather stripping to prevent mosquitoes entering your home.
- Avoid, as much as possible, going out at dawn and dusk, when many mosquitoes are most active.
- Wear long sleeves and pants when outdoors.
- Use repellents as a defense against mosquito bites. For many years, DEET (N,N-diethyl-meta-toluamide) has been the standard by which products are measured. When applied according to label direction, products containing 20 percent to 30 percent DEET provide protection against mosquitoes that lasts several hours. Whatever repellent you choose, be sure to read the label directions before applying to yourself or to children.

By using the following simple control measures you can help reduce the population of mosquitoes around your home!

- Make sure there are no items in your back yard such as tin cans, planters, garbage can lids, baby pools etc. that can accumulate water.
- Remove all tires without rims or any other garbage that can store water (like jars, cans etc.)
- Remove accumulating leaves from drainage swales or drainage areas on your property.
- Change waters in birdbaths, fountains, and troughs every couple of days.
- Make sure stored boats are not accumulating water. Store small boats upside down.
- Clean and chlorinate swimming pools.
- Aerate ornamental pools, or stock them with fish.