



# CUYAHOGA COUNTY BOARD OF HEALTH

**Your Trusted Source For Public Health Information**

## **Mosquito and Tick Bite Prevention**

We have been notified by the Ohio Department of Health about multiple adult mosquito traps located throughout the county testing positive for West Nile Virus. Historically, we see more infected mosquitos in late July and August, so this activity is normal.

**Now is the time to take precautions to prevent mosquitoes and tick bites:**

1. **Utilize insect repellent** containing DEET, picaridin or lemon eucalyptus oil and follow label instructions.
2. **Dispose of containers** that collect water (buckets, tires, cans, flower pots, etc.) and eliminating areas of standing water
3. **Empty and refill** bird baths at least once a week
4. **Clean, drain and cover** pools or hot tubs if not in use
5. **Unclog all gutters** so they drain properly
6. **Fill tree holes** with tar or cement
7. **Tightly screen** all doors and windows in your home
8. **Keep children indoors during times of peak mosquito activity** - one hour before and after sunrise/sunset
9. **Walk in the center of trails** to avoid ticks in the tall grass and bushes on the side
10. **Wear long pants and shirts** - tuck pants into your socks or boots/wear light colored clothing so it is easier to see ticks
11. **Check your clothing** after your walk to remove any ticks
12. **Check your body again** when in the shower

**West Nile Virus**

Symptoms include high fever, headaches, muscle aches, vomiting and loss of appetite. If symptoms persist 2-10 days after a mosquito bite, seek medical attention and advise your doctor of your prior exposure to biting mosquitoes.

Symptoms of tickborne disease include fever, headache, joint pain, muscle aches, fatigue or a rash soon after a tick bite. If bitten, monitor yourself for several weeks for these symptoms.

**Contact us for help**

Call 216.201.2000 to report areas of long-standing water or heavy populations of biting mosquitoes. For additional information, please visit [www.ccbh.net](http://www.ccbh.net).

**Let's all work together to help *Fight the Bite!***

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