

R. Joseph Ebel, R.S., M.S., M.B.A.  
Health Commissioner



(740) 349-6535  
(740) 349-6474 WIC  
(740) 349-6475 Environmental  
(740) 349-6476 Nursing  
(740) 349-6510 FAX  
[www.lickingcohealth.org](http://www.lickingcohealth.org)

## Licking County Health Department

675 Price Road Newark, Ohio 43055-9546

Press Release

June 11, 2008

Contact: Robert Sealock R.S., Director of Environmental Health

### **Protect Yourself from Mosquito-borne Diseases**

Warm weather plus frequent rains are perfect conditions for mosquito populations to increase. The Licking County Health Department reminds residents that now is the time to take precautions to protect themselves from mosquito-borne illnesses such as West Nile virus (WNV).

“West Nile virus and other mosquito-borne diseases can cause serious health problems and even death,” said Health Commissioner Joe Ebel. “With some simple steps, you can fight the bite, protecting yourself and your loved ones when outside this spring and summer.”

WNV have decreased considerably since 2002, this unpredictable virus could return at higher levels in 2008. In 2007 the Licking County Health Department collected mosquitoes, crows, and blue jays for testing. No mosquitoes were found with WNV, but 4 birds tested positive.

To avoid possible infection from mosquito bites:

- Avoid outdoor activities between dusk and dawn when mosquitoes are most active.
- If you must be outdoors, be sure to wear long pants, long-sleeved shirts, shoes and socks. Light colors are least attractive to mosquitoes.
- Use insect repellent containing DEET, picaridin or lemon eucalyptus oil and follow the label directions; generally a concentration of 30 percent DEET for adults and 10 percent or less for children.

To eliminate mosquito breeding sites near your home:

- Remove all discarded tires and other water-holding containers such as tin cans and unused flower pots, from your property. Eliminate standing water from your property.
- Make sure all roof gutters are clean and drain properly.
- Clean and chlorinate pools, outdoor saunas and hot tubs. Keep them empty when not in use and drain water from pool covers.
- Change water in bird baths weekly.

Other mosquito-transmitted diseases in Ohio include Eastern Equine encephalitis, La Crosse encephalitis and St. Louis encephalitis. People who have symptoms – including high fever, headache, muscle aches, vomiting and loss of appetite – two to 15 days after a mosquito bite should see their doctor and tell him or her about the mosquito bite.

For more information, contact the Licking County Health Department at (740) 349-6535 or visit [www.lickingcohealth.org](http://www.lickingcohealth.org).

###

June 11, 2008

Page 2