



FIGHT THE BITE

**Protect Yourself
Against Diseases
Spread by Mosquitoes**



Mosquitoes are more than just an annoyance. They can spread West Nile virus and other diseases.

Mosquitoes that carry West Nile virus are found across the United States, including in New York City (NYC). Most people who are infected with West Nile virus have no symptoms, but the virus can be serious in older adults and people with weakened immune systems.

Zika, another virus carried by mosquitoes, has not been found in NYC mosquitoes. But mosquitoes in other places may carry the virus. Find the latest Zika-affected locations at **[cdc.gov/zika](https://www.cdc.gov/zika)**. Do not travel to Zika-affected areas while pregnant or trying to conceive.

This brochure offers tips to help you prevent mosquito bites and the diseases they spread.

How to Protect Yourself

- Wear long-sleeved shirts, pants and socks when outdoors.



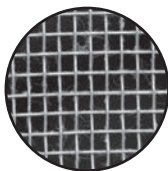
- Use an insect repellent that has picaridin, DEET, oil of lemon eucalyptus or IR3535. Always follow directions on the label.



- Try to stay away from shaded, bushy areas—these are where mosquitoes like to rest.



- Make sure that your doors and windows have tight-fitting screens. Fix or replace screens that have tears or holes.



Call 311 to report standing water. The Health Department investigates all reports of standing water between April 1 and October 31.

How to Reduce Mosquitoes Around Your Home

Mosquitoes need water to lay their eggs. Even very small amounts of water, in a space as small as a bottle cap, can serve as a breeding ground. Do your part to get rid of standing water:

- Get rid of discarded tires, cans, plastic and ceramic pots and other containers that can collect water.



- When not in use, turn over plastic wading pools, wheelbarrows and other items that cannot be removed or that are stored in your yard.

- Keep gutters clear and make sure they drain properly.

- Clean and maintain swimming pools, outdoor saunas and hot tubs. Drain and cover these items when not in use.

- Regularly clean and change water in bird baths.



- Stock ornamental ponds with fish that feed on mosquito larvae; keep ponds aerated or treat ponds with Bti (*Bacillus thuringiensis israelensis*, e.g., Mosquito Dunks™), which kills mosquitoes.

How the City Helps Control Mosquitoes

The City is working to control and reduce the number of mosquitoes by:

- Teaching New Yorkers to protect themselves from mosquitoes
- Removing standing water
- Applying larvicide to kill young mosquitoes
- Spraying pesticides to kill adult mosquitoes
- Trapping and testing mosquitoes to determine the location of infected mosquitoes

The Health Department alerts the public of truck spraying or helicopter larviciding at least 24 to 48 hours before the event.

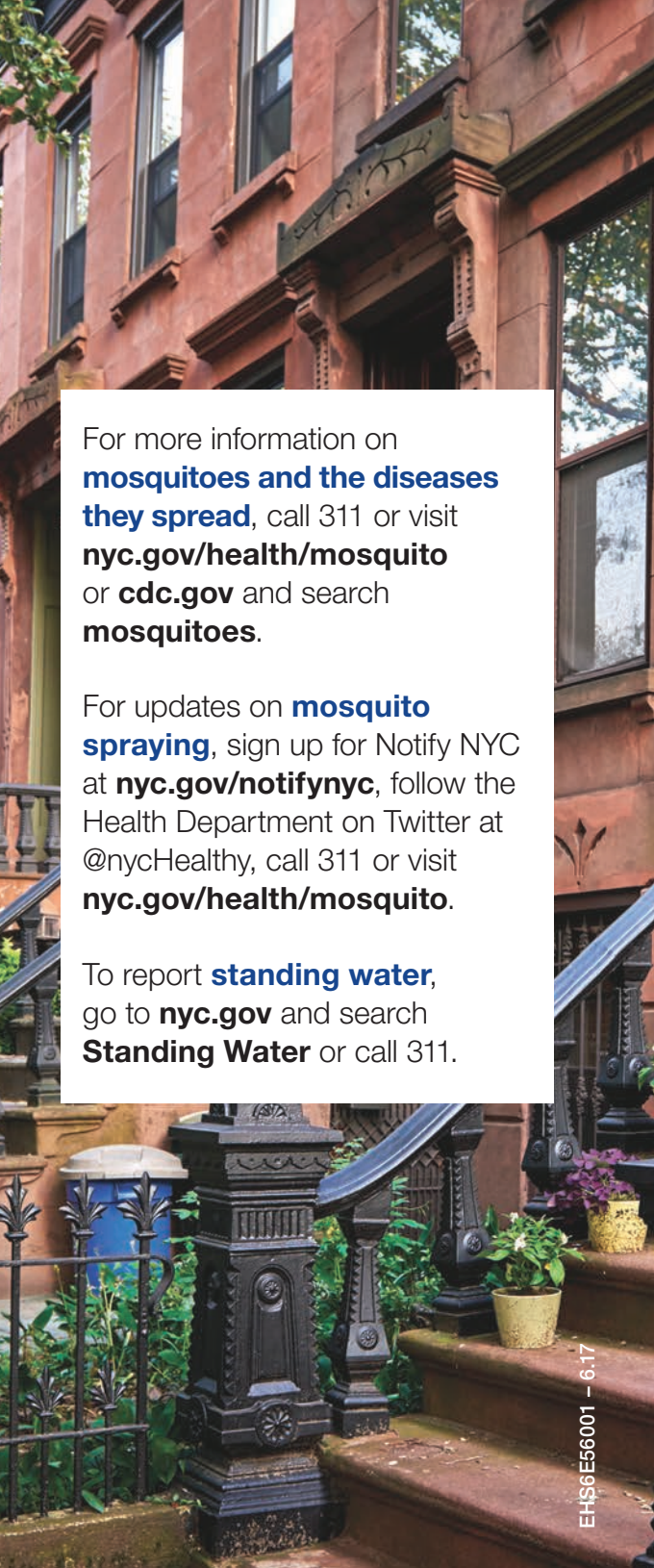
Keep Yourself and Your Family Safe From Pesticides

The risks of pesticides applied by the Health Department for mosquito control are low to people and pets. Some people who are sensitive to spray ingredients may experience short-term eye or throat irritation, or a rash. People with respiratory conditions may also be affected.

Follow these steps to stay safe during spraying:

- Stay indoors.
- Close air conditioner vents, or choose the recirculate setting.
- Remove any toys, equipment and clothes from outdoor areas.
- Wash outdoor equipment and toys that were left outside with soap and water after spraying.
- Always wash homegrown fruits and vegetables with water before cooking or eating.
- If you are directly exposed to pesticides, wash your skin and clothing with soap and water.

If you experience serious reactions to pesticide spraying, call your doctor or the NYC Poison Control Center at 1-800-222-1222.



For more information on **mosquitoes and the diseases they spread**, call 311 or visit **nyc.gov/health/mosquito** or **cdc.gov** and search **mosquitoes**.

For updates on **mosquito spraying**, sign up for Notify NYC at **nyc.gov/notifynyc**, follow the Health Department on Twitter at @nycHealthy, call 311 or visit **nyc.gov/health/mosquito**.

To report **standing water**, go to **nyc.gov** and search **Standing Water** or call 311.