

## PLAY IT SAFE, KEEP MOSQUITOS AWAY

Learn best methods of protection from harmful diseases like  
West Nile and Zika.

June 7, 2017– Summer has officially arrived, and so have the mosquitoes. Besides being an annoyance when trying to enjoy the great outdoors, mosquitoes can be a threat to our health. Different mosquitoes spread different viruses and bite at different times of the day. Zika, West Nile, Chikungunya, and Dengue are common viruses spread by mosquitoes. Whether you are traveling across the world or gardening in the back yard, mosquito bite prevention is a must know.

District Health Department #10 and the Centers for Disease Control and Prevention recommend the following steps to protect yourself and your family from mosquito bites:

1. **Use insect repellent:** Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Always follow the product label instructions. When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding. The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
2. **Wear protective clothes:** Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin as directed.
3. **If you have a baby or child:** When applying insect repellent to a small child or baby, do not spray onto a child's hands, eyes, or mouth. Be sure that children wear clothes that cover their arms and legs and cover cribs, strollers, and or carriers with mosquito netting. Do not use insect repellent on babies younger than 2 months old. In addition, do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
4. **Mosquito-proof your home:** Don't forget to think about the inside and outside of your home when it comes to mosquito-proofing. Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

To learn more about mosquito borne disease prevention and protection visit:  
[www.cdc.gov/zika](http://www.cdc.gov/zika) or [www.cdc.gov/westnile](http://www.cdc.gov/westnile). For local information about mosquito protection visit: [www.dhd10.org](http://www.dhd10.org).

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The mission of District Health Department #10 is to promote and enhance the health of our communities and environment through protection, prevention, and intervention.



#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



P: 888-217-3904



[www.dhd10.org](http://www.dhd10.org)



healthdept10

**About DHD #10**

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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