

## Mosquito Protection Information

The Westfield Regional Health Department is advising residents to protect themselves from mosquitoes by reducing mosquito habitats around their homes. Under the right environmental conditions, certain species of mosquitoes can develop and emerge as adults in as little as one week. More importantly, some species of adult mosquitoes can carry and transmit diseases such as Zika Virus, West Nile virus (WNV), eastern equine encephalitis (EEE) and St. Louis encephalitis (SLE).

Residents can protect themselves from mosquito borne illness in the following ways:

- Cleaning roof gutters at least annually.
- Remove any unnecessary containers from the property (flower pots/trays, tires, toys, boats, buckets). If containers must remain on the property be sure to empty and scrub them once a week. Use larvacides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Drain and rinse birdbaths twice a week.
- Aerate and/or stock ornamental ponds with fish.
- Configure tarps to drain any incidental rainwater.
- Close pools when not in use. Pool covers can collect rainwater and provide a habitat for mosquitoes.
- Use an outdoor flying insect spray where mosquitoes rest. Mosquitoes rest in dark, humid areas like under patio furniture or under the carport or garage. When using insecticides, always follow label instructions.

In addition, residents should:

- Avoid mosquito-infested areas at dusk and dawn, when mosquitoes are most active.
- Wear protective clothing such as long pants and long sleeve shirts when outdoors.
- Wear insect repellent, preferably one that contains DEET, Picaridin or oil of lemon eucalyptus. Always follow label directions.
- Make sure that doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes.

For more information contact the Westfield Regional Health Department at 908-789-4070.