

## How can mosquito-borne diseases be prevented?

### 1. Avoid Mosquito Bites!

- ❖ When outdoors, apply an EPA-registered insect repellent to exposed skin, like those containing DEET, picaridin or oil of lemon eucalyptus, according to the instructions on the product label. Permethrin can be used to spray clothing and gear.
- ❖ Avoid mosquitoes. Mosquitoes are most active between dusk and dawn, so limit time outside during those hours or wear long sleeve shirts, long pants and socks sprayed with repellent while outdoors.



### 2. Mosquito Proof Your Home!

- ❖ Repair or install new screens on doors and windows to keep mosquitoes out of your home.
- ❖ Drain standing water to get rid of mosquito breeding sites:
  - Clean out gutters and drains
  - Throw out old tires or drill holes in tire swings
  - Empty water from buckets, flower pots, pet dishes, children's toys, and other items
  - Maintain pools and pool covers
  - Change bird bath water every several days



## Where can I find more information about mosquito-borne diseases?

**NJDOH Communicable Disease Service**  
<http://www.nj.gov/health/cd/>

**County Mosquito Control Agency Hotline**  
**1-888-NO NJ WNV (1-888-666-5968)**

**CDC Mosquito-Borne Diseases**  
[www.cdc.gov/ncidod/diseases/list\\_mosquitoborne.htm](http://www.cdc.gov/ncidod/diseases/list_mosquitoborne.htm)

**CDC Updates on Mosquito Repellent**  
<http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm>



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# Mosquito Borne DISEASES



**Know the Facts & Protect Yourself**



# M O S Q U I T O - B O R N E D I S E A S E S

## What are mosquito-borne diseases?

Mosquito-borne diseases are diseases that are spread through the bite of an infected female mosquito. The three most common mosquito-borne diseases in New Jersey are:

- ❖ West Nile virus (WNV)
- ❖ Eastern equine encephalitis (EEE) virus
- ❖ St. Louis encephalitis (SLE) virus

## How do mosquito-borne diseases spread?

Mosquito-borne diseases are not spread directly between two people, but rather rely on mosquitoes to spread. Mosquitoes become infected with the virus by feeding on birds carrying the virus. The mosquito can then spread the virus to humans and other animals when they bite. In rare cases, the virus has been shown to spread through blood transfusions, organ transplants, breastfeeding and pregnancy. Blood transfusions have been screened for WNV since 2003 to minimize the risk of transmission.



## What are the symptoms of mosquito-borne diseases?

Most people infected with mosquito-borne diseases have no symptoms. If symptoms appear, they may be mild or severe.

### Mild Illness

- ❖ Fever
- ❖ Headache
- ❖ Tiredness
- ❖ Body aches
- ❖ Rash
- ❖ Swollen lymph nodes

### Severe Illness

- ❖ High fever
- ❖ Headache
- ❖ Stiff neck
- ❖ Muscle weakness
- ❖ Tremors
- ❖ Paralysis
- ❖ Confusion
- ❖ Brain swelling (encephalitis)
- ❖ Coma

## How soon do symptoms occur?

When symptoms occur, they usually appear between 3-14 days after the bite of an infected mosquito.



Standing pools of stagnant rain water may contain several species of mosquito larvae.

## Who gets mosquito-borne diseases?

While anyone can get a mosquito-borne disease, people who spend more time outdoors have a higher risk of becoming infected. Adults over the age of 50 and immune-compromised persons have a higher risk of developing a severe illness when infected with a mosquito-borne disease. Children under the age of 15 are at a greater risk of developing severe symptoms when infected with EEE.



## What should I do if I think I have an infection?

If you think you have a mosquito-borne disease, you should consult with your healthcare provider to request testing for WNV, EEE or SLE. Mild cases of these diseases improve on their own. If you develop more severe symptoms you should seek immediate medical attention. Although there is currently no treatment available for viruses transmitted by mosquitoes, people with severe illness can receive supportive treatment to help with symptoms and prevent other illness from occurring.



### Distributed by:

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