

## Prevention of West Nile Virus

Preventing mosquito bites is to the most effective way to avoid West Nile virus disease. Taking the following steps can help ensure protection for yourself and your family.

### Avoid Mosquito Bites

- **Apply Insect Repellent When Outdoors**

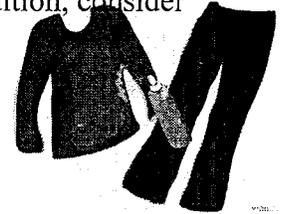
Apply insect repellents containing DEET, IR3535, picardin, oil of lemon eucalyptus, or para-menthane-diol products to exposed skin when you go outdoors. Even a short amount of time outdoors can be long enough to get a mosquito bite. To optimize effectiveness and safety, insect repellants should be used according to label instructions.

- **Protective Clothing to Help Reduce Mosquito Bites**

When the weather allows, wear long-sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, therefore spraying clothes with repellent containing permethrin or another EPA-registered repellent will provide extra protection. Do not apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing. Cover your infant's stroller or playpen with mosquito netting when outside.

- **Awareness of Peak Mosquito Biting Hours**

The peak mosquito biting hours are from dusk to dawn. Take extra care to use repellent and wear protective clothing during evening and early morning. In addition, consider avoiding outdoor activities during these times.



### Mosquito-Proof your Home

- **Install or Repair Screens**

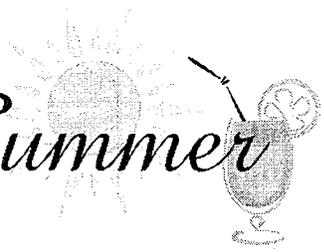
Keep mosquitos outside by having well-fitting screens on windows and doors. Help neighbors whose screens seem to be in bad shape. Use your air conditioning, if you have it.

- **Drain Standing Water**

Mosquitos lay their eggs in standing water. By eliminating items that hold water, the number of places around your home that mosquitoes can breed will be limited:

- Discard plastic containers, tin cans, or flower pots that may have accumulated on your property
- Drill holes in the bottom and elevated trash and recycling receptacles that are left outdoors
- Regularly check discarded tires on your property, which are major breeding grounds for mosquitoes
- Clean clogged roof gutters annually
- When not in use, turn over plastic wading pools and wheelbarrows
- Do not allow water in bird baths to stagnate. If possible, change at least weekly.
- Aerate ornamental pools or stock them with fish
- Clean and chlorinate swimming pools
- Use landscaping to get rid standing water on your property such as puddles

# KEEP COOL THIS *Summer*



Keeping cool in the summer heat is not just about comfort. As temperatures reach record highs, serious heat-related illnesses can result such as heat cramps, heat exhaustion, and heat stroke. Prevention is the best defense against dangerously high temperatures. The following tips can help you stay cool all summer long.



- **Drink plenty of water to help combat dehydration.** Avoid liquids containing caffeine, alcohol, and large amounts of sugar as these may cause you to lose more body fluid. Do not wait until you are thirsty to drink. Thirst is not a very reliable indicator of your need for water in high heat.
- **Take advantage of cooler times (early morning or late evening) for outdoor activity.** If you cannot change the time of your activity, minimize the amount of time you spend outside and decrease your level of exertion. Be sure to apply sunscreen with a Sun Protection Factor (SPF) of at least "SPF 15."
- **Wear loose-fitting, lightly colored clothing.** Clothing made out of cotton will keep you cooler.
- **Approximately 40% of your home's heat comes in through windows. Be sure to draw blinds and drapes in the morning so that your house can stay darker and therefore cooler.** If you have Venetian blinds, close or angle them upwards to allow light to be reflected up and into the room and to prevent the direct rays of the sun from getting in.
- **Try eating lighter meals instead of hot foods.** Include frequent small meals or snacks containing low fat dairy products and cold fruit or veggies.
- **NEVER leave anyone inside a closed, parked vehicle, especially children, elderly, the disabled or even pets—not even for "a few minutes."** Heat can build up quickly causing dangerously high temperatures.
- **Try to stay indoors, in an air-conditioned place.** If you do not have air-conditioning, try to spend some time in a shopping mall, Roselle public library, or any other cool place. A few hours spent in air-conditioning can help your body stay cooler when you go back into the heat. **Amalfe Community Center serves as a cooling center when temperatures reach 90°F or greater.** Pay close attention to infants, elderly, and anyone with chronic diseases as they tend to dehydrate easily and may be more susceptible to heat-related illnesses.

