



# Community Feature Human Services

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## **FOR IMMEDIATE RELEASE**

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[wakegov.com/news](http://wakegov.com/news)

### **TAKE PRECAUTIONS AGAINST MOSQUITOES**

Wake County is encouraging residents and visitors to take precautions against mosquito bites this season to prevent West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), LaCrosse encephalitis (LACV) and other mosquito-borne diseases that are common in mid-Atlantic states. Mosquitoes are out and the most likely time for them to spread disease is now through September.

“Though the numbers of human infections for West Nile Virus, EEE and LACV have been low for the past couple of years, unfortunately we can never predict from year to year how prevalent these diseases are going to be,” said Public Health Division Director Sue Lynn Ledford. “Each of these illnesses are transmitted through the bite of an infected mosquito that has picked up the virus by feeding on an infected animal.”

“Mosquitoes need about four to five days of still water to complete their life cycle,” said Code Enforcement Compliant Coordinator Geoff Pearson. “There are some rather easy precautions people can take to protect themselves and their family members.”

Steps everyone should take to prevent being bitten by mosquitoes include:

- Reduce time spent outdoors, especially during early morning and early evening hours when mosquitos are most active.
- Wear light-colored long pants and long-sleeved shirts.
- Apply EPA-approved mosquito repellents to exposed skin areas when spending time outdoors.
- Remove standing water around your home where mosquitoes can breed such as tires, gutter downspouts, flowerpots and buckets.
- Eliminate mosquito entry points by making sure that windows and doors fit tightly and do not have holes; and that all openings around pipes, door screens, etc., are sealed with rubber gaskets or exterior caulking.

“It is really important that residents drain or remove water on their property. Not just water that collects naturally, but also water in barrels or cisterns, bird baths and pet bowls,” said Pearson.

For more information about mosquito prevention visit:  
[www.wakegov.com/humanservices/publichealth/information/diseases/mosquito](http://www.wakegov.com/humanservices/publichealth/information/diseases/mosquito). There is also an informational video at [www.youtube.com/watch?v=3JTx-U0anBI](http://www.youtube.com/watch?v=3JTx-U0anBI).

Information about mosquito related illnesses that are not common in the United States, but may be encountered when traveling abroad, are available from the Centers for Disease Control and Prevention ([CDC](http://www.cdc.gov)). For more information about Chikungunya, go to [www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya).

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