



NEWS RELEASE

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Protect Yourself from Mosquitoes

Take Special Precautions During and After Travel

As summer approaches, Wake County reminds residents to protect themselves from mosquitoes, which can carry disease.

Here are several steps you can take to protect yourself, your family and your community:

- **Eliminate standing water** where mosquitoes can lay eggs. Once a week, empty and scrub any items that can hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers or trash containers.
- **Keep mosquitoes out of your home.** Keep windows and doors shut. Use, install or repair window and door screens.
- **Cover and repel** to keep mosquitoes from biting you. Wear long-sleeved shirts, long pants and socks, if possible. Apply mosquito repellent to exposed skin, as directed. Consider treating clothing with permethrin insect repellent.

For more information on mosquito prevention, visit our [website](#).

Residents should also know how to protect themselves when they travel. Mosquitoes aren't just a bothersome nuisance; in some areas

they can also spread diseases like Zika, dengue, malaria and chikungunya.

Here are several steps you can take to protect yourself, your family and your community before, during and after travel:

- **Check the latest travel recommendations** to learn if there is active Zika virus transmission at your destination.
- **Protect yourself from mosquito bites** during your trip and for three weeks after you return.
- **Keep mosquitoes outside** by staying in places with air conditioning and screens. Use a bed net if air conditioning or screened rooms are not available or if sleeping outdoors.
- **Use condoms every time you have sex** if you or your partner has traveled to an area with active Zika virus transmission.
- **See a doctor if you become ill** soon after returning from travel to areas with active transmission of mosquito-related illnesses such as malaria or Zika.

Visit the Centers for Disease Control and Prevention's [website](#) for additional travel tips and information on areas with active Zika transmission.

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