

CUYAHOGA COUNTY  
BOARD OF HEALTH  
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

To: City/Village Hall's for cable access, community web site placement, community non-emergency information line/email list.

### Summer 2019 **Mosquito Bite Prevention**

The warm weather we are experiencing this summer will allow the public to go outdoors and enjoy the nice weather during the morning and evening. The Cuyahoga County Board of Health (CCBH) encourages the public to take precautions to prevent being bitten by mosquitoes. These include:

1. Utilizing insect repellent containing DEET, picaridin or lemon eucalyptus oil and follow label instructions.
2. Disposing of containers that collect water (buckets, tires, cans, flower pots, etc.) and eliminating areas of standing water
3. Emptying and refilling bird baths at least once a week
4. Cleaning, draining and covering pools or hot tubs if not in use
5. Unclogging all gutters so they drain properly
6. Filling tree holes with tar or cement
7. Tightly screen all doors/windows of your home
8. Wearing long-sleeved shirts and long pants when possible
9. Keeping children indoors during times of peak mosquito activity (1 hour before and after sunrise/sunset)

The CCBH has recently received a report from the state health department of a few traps that have turned up WNV positive mosquitoes in Cuyahoga County. It is normal this time of year to have some infected mosquitoes in northeast Ohio. It is important to note that historically, we start to see more infected mosquitoes later in July and peaking in August. **Now**, is the time that insect repellent should be used to prevent mosquito bites. Symptoms of WNV include high fever, headaches, muscle aches, vomiting and loss of appetite. If symptoms persist two to 10 days after a mosquito bite, you should seek medical attention and advise your doctor of the prior exposure to biting mosquitoes.

Please contact the Board of Health to report areas of persistent standing water or heavy populations of biting mosquitoes at (216)201-2000. For additional information please visit their website at [www.ccbh.net](http://www.ccbh.net). Let's all work together to help *Fight the Bite!*