

DISEASE CARRIER: MOSQUITOES

Summer is the time for outdoor activities. It's also the time for mosquitoes to be active. These small biting flies are more than pesky—they may be dangerous since mosquitoes can transmit diseases to people.



MOSQUITO-BORNE DISEASES:

Zika virus

may lead to birth defects

West Nile virus

may cause brain damage

Chikungunya

causes fever and joint pain

Dengue

causes flu-like illness

Malaria

can cause seizures

COMMON SYMPTOMS:

Fever

Headache

Malaise

Joint or muscle pain

Possible neurological complications



PROTECT YOURSELF

Eliminate mosquito breeding grounds:

1. Mosquitoes lay their eggs in standing water.
2. Turn over basins, flower pots and any containers with standing water. Old tires are especially likely to breed mosquitoes.
3. Work with local governments to spray areas that cannot be drained.

Mosquito spraying is very safe:

1. The chemical used in mosquito spraying is not toxic to humans.
2. Should be repeated regularly as long as there is standing water or a high mosquito population.

Remember the four D's:

1. **Dusk/Dawn:** mosquitoes are most active at dusk and dawn. Avoid outdoor activities during these times if possible.
2. **Dress:** wear long sleeves and long pants. Spray clothing with insect repellent
3. **DEET:** is an excellent mosquito repellent. Follow label instructions.
4. **Drain:** drain standing water.



HEALTHY SOUTH TEXAS