

Protect yourself from mosquito bites

Rain and flooding may lead to an increased numbers of mosquitoes, common insects that breed in and around areas of standing water. Kentuckians should take steps to eliminate mosquito breeding grounds to avoid mosquito bites, which can cause illnesses such as West Nile Virus (WNV).



The state Department for Public Health urges Kentucky residents to maintain prevention efforts during times of flooding, and throughout the summer, until a hard freeze occurs.

Follow these tips to avoid mosquitoes:

Around the home

Survey property for areas of standing water and eliminate mosquito breeding areas by removing it as it accumulates.

Destroy or dispose of tin cans, old tires, buckets, unused plastic swimming pools or other containers that collect and hold water. Do not allow water to accumulate in the containers for more than two days.

Be aware that mosquitoes are most active at dawn, dusk and early evening. Stay inside during these times if possible.

Wear long-sleeved shirts and long pants outdoors.

Report swimming pools that are neglected and in a state of disrepair to your local health department.

Insect Repellents

Spray exposed areas of skin and clothing with repellents containing permethrin, DEET (N, N-diethyl-m-toluamide), picardin or oil of lemon eucalyptus.

Apply insect repellent sparingly to exposed skin. Be sure to read and follow the manufacturer's directions for use.

Don't forget your pets

Dogs and cats also are susceptible to diseases, such as WNV and other illnesses spread by mosquitoes. Pet owners should use a veterinarian-recommended mosquito and tick repellent. Be sure to read and follow the manufacturer's directions for use.

For more information on insect repellents visit:
<http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm>

For more information about mosquitoes in your area,
contact your local health department.



Information from the Kentucky Department for Public Health