



## West Nile Virus and Zika Prevention 2017

### What are the major concerns with mosquito bites?

Other than the itch, mosquitos can transmit viruses through their bites and make you sick. The easiest way to prevent mosquito borne illness is to not get bit.

### What diseases should I be worried about?

In Weld County the major risk from mosquitos is West Nile Virus (WNV). Other illnesses, like Zika Virus, are a concern if you are traveling to an area where those diseases are present.

### What are my best mosquito prevention options this summer?

- **DRAIN** standing water around your house weekly. Remember to drain water from tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.
- **DUSK and DAWN** are when mosquitoes are most active. Limit outdoor activities and take precautions to prevent mosquito bites during these times.
- **DEET** is an effective ingredient to look for in insect repellents. Always follow label instructions carefully. To stop mosquitos, use products with at least 20% DEET.
- **DRESS** in long sleeves and pants in areas where mosquitoes are active.

### What if I want to avoid using products with DEET?

There are several good mosquito repellent options that do not contain DEET. The following list are repellents that are effective at repelling mosquitos:

- **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin)
- **Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)**
- **IR3535**
- **2-undecanone** (methyl nonyl ketone)

### For more information on Zika Virus and other travel related mosquito spread viruses:

- <https://wwwnc.cdc.gov/travel/page/zika-travel-information>
- <https://wwwnc.cdc.gov/travel/page/travelers-vfr-chikungunya-dengue-zika>
- <https://wwwnc.cdc.gov/travel/page/us-citizens-living-in-areas-with-zika>

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