Are Mosquitoes Taking a Bite Out of You?

What you need to know about prevention of mosquito borne illnesses.

Mosquito borne illnesses of concern in south Texas include West Nile virus, Chikungunya, Dengue and more recently Zika Virus. For more information about Zika go to CDC.gov/Zika

As there is currently no vaccine available to humans for these viruses, the best way to avoid them is by prevention or reducing exposure to mosquitoes. So, remember the four D’s:

Dusk to Dawn, Dawn to Dusk
Mosquitoes that carry the Zika, Dengue and Chikungunya viruses are primarily daytime biters, whereas those that carry West Nile virus feed mainly from dusk to dawn. Use mosquito protection all day.

Dress
Dress in pants, socks, and long sleeves when you are outside, especially in mosquito-infested areas. Light-colored clothing is best.

DEET (N, N-diethyl-m-toluamide)
Apply insect repellent that contains DEET (for adults 10%-25% DEET) or other insect repellants registered with the EPA. Read and follow manufacturer’s directions on the label. Spray both exposed skin and clothing with repellent—do not spray repellent on skin under clothing.

Drain
Get rid of standing water in your yard, porch, balcony, and neighborhood. Old tires, flowerpots, open containers, buckets, barrels, bowls, dishes, clogged rain gutters, leaky pipes and faucets, bird feeders, and wading pools can be breeding sites for mosquitoes. Change the water in pet dishes and replace the water in birdbaths weekly.