Prevent mosquito breeding sites by doing the following at least once a week:

- Empty, clean, turn over and/or dispose of containers that can hold water, such as tires, buckets and flower pots, both inside and outside of your home
- Clean drains and gutters
- Keep swimming pools/ponds adequately treated with recommended products to eliminate mosquito breeding sites

**MO yearn PROTECTION**

Use screens on open windows and keep doors closed.

Wear long-sleeved bright colored clothing. Use permethrin-treated clothing and gear.

Use an EPA-registered insect repellent. Follow label instructions. Remember to apply sunscreen first, then insect repellent.

**DID YOU KNOW?**

- Water + 7 Days= Mosquitoes
- Litter Free Property = Less Mosquitoes
- The Bergen County Clean Communities Program offers Mini-grants to non-profit groups in exchange for clean-ups of public property.
- There are over 60 species of mosquitoes in New Jersey

Different mosquitoes carry different viruses that spread diseases:

<table>
<thead>
<tr>
<th>TYPE OF MOSQUITO</th>
<th>TYPE OF VIRUS</th>
<th>BITING HABITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, Aedes albopictus</td>
<td>Chikungunya, Dengue, Zika</td>
<td>Mostly daytime but can also bite at night</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Evening to morning</td>
</tr>
</tbody>
</table>

**IF YOU ARE BITTEN**

If you think you’ve been bitten by a mosquito:
- Wash the bite with soap and water
- Put on calamine lotion to help stop the itching

If you get sick after being bitten by a mosquito and suspect a mosquito-borne disease call your doctor. Tell your doctor where you have traveled.

Learn more about Bergen Bites Back and the Zika Virus at www.bergenhealth.org