



Zoonotic & Environmentally Transmitted Diseases (ZED) Steering Committee

WASO Contacts

Integrated Pest
Management (IPM)
202-513-7183 (East)
970-225-3542 (West)

Public Health
202-513-7224

Risk Management
202-513-7214

Wildlife Health
970-225-3593

Web Resources

IPM Program:

<http://www1.nrintra.nps.gov/ipm/index.cfm>

Public Health:

http://www.nps.gov/public_health/intra/

Risk Management:

<http://www.nps.gov/riskmgmt/>

Wildlife Health:

<http://www1.nrintra.nps.gov/BRMD/nativespecies/wildlifehealth/index.htm>

CDC:

<http://www.cdc.gov>

State and Local Health Departments:

<http://www.cdc.gov/mmwr/international/relres.html>

West Nile Virus Prevention Avoid Mosquito Bites to Avoid Infection

Human illness from West Nile virus is rare, even in areas where the virus has been reported. The chance that any one person is going to become ill from a mosquito bite is low.

You can further reduce your chances of becoming ill by protecting yourself from mosquito bites.

To avoid mosquito bites:

- Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) when you're outdoors.
- When possible, wear long-sleeved clothes and long pants treated with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to exposed skin. If you spray your clothing, there is no need to spray repellent containing DEET on the skin under your clothing.
- Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.
- Limit the number of places available for mosquitoes to lay their eggs by eliminating standing water sources from around your home.

Check to see if there is an organized mosquito control program in your area. If no program exists, work with your local government officials to establish a program. The American Mosquito Control Association can provide advice, and their book Organization for Mosquito Control is a useful reference. Another source of information about pesticides and repellents is the National Pesticide Information Center, which also operates a toll-free information line: 1-800-858-7378.

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