

## HOW TO PROTECT AGAINST DISEASE

There are many ways to help prevent mosquitoes from laying their eggs and to get rid of larvae once they have hatched.

### Prevent mosquitoes by

- Keeping the yard clean
- Draining open containers that hold water
- Removing any old tires laying around
- Not over watering plants or lawns
- Pumping water off of pool covers
- Chlorinating pool water
- Cleaning debris away from pond banks
- Keeping gutters clear of debris
- Draining small pools after use
- Making sure that drainage ditches aren't holding water
- Using larvicides—bacteria that kill the larvae (found at home and garden retailers)
- Cleaning bird baths and emptying them frequently—at least once per week



There are also ways to protect yourself and lower your risk of infection when exposed to mosquitoes.

### Protect yourself by

- Wearing loose fitting clothes
- Covering your arms and legs
- Use mosquito netting when camping
- Limiting time outdoors
- Using repellents that contain DEET



## FOR MORE INFORMATION

**Centers for Disease Control and Prevention**  
[www.cdc.gov/ncidod/dvbid/westnile/index.htm](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm)

or

[www.cdc.gov/ncidod/diseases/list\\_mosquitoborne.htm](http://www.cdc.gov/ncidod/diseases/list_mosquitoborne.htm)

**United States Geological Survey Surveillance Maps**

[www.cindi.usgs.gov/hazard/event/west\\_nile/west\\_nile.html](http://www.cindi.usgs.gov/hazard/event/west_nile/west_nile.html)

**EPA Mosquito Control Program**

[www.epa.gov/pesticides/factsheets/skeeters.htm](http://www.epa.gov/pesticides/factsheets/skeeters.htm)

**FOR MOSQUITO SPRAYING OR LARVICIDE INFORMATION CONTACT**

**Solid Waste Collection Services**

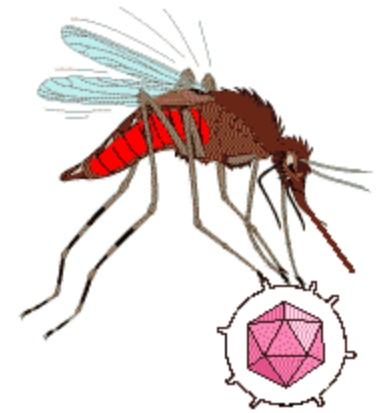
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# MOSQUITOES & DISEASE

**PROTECT YOURSELF  
AND YOUR FAMILY**



**Solid Waste Collection Services  
Little Rock Public Works  
City Of Little Rock**

**In Association With**

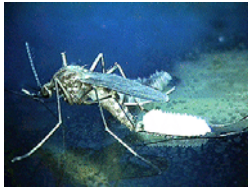
**The University Of Arkansas  
At Little Rock  
Department of Biology  
Environmental Health Sciences Program**

## MOSQUITO QUICK FACTS

- There are over 2500 species of mosquitoes in the world
- Over 150 species of mosquitoes live in the United States
- 55 species live in Arkansas
- Few mosquitoes ever feed on a human
- Only females bite
- Females can lay hundreds of eggs at one time and thousands in a lifetime

## WHERE DO MOSQUITOES COME FROM?

- Mosquitoes breed in areas that are warm and moist
- Most species lay eggs in stagnant water
- Eggs hatch into larva, larva turn into pupa, and pupa grow into adults
- Mosquito eggs can hatch and become adults in less than ten days



## WHERE CAN MOSQUITOES LAY EGGS IN MY YARD?



- Clogged gutters
- Drainage ditches
- Fishing ponds
- Bird baths
- Potted plants
- Old tires

## WHO DO MOSQUITOES AFFECT?

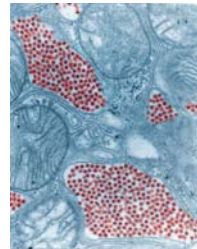
Mosquitoes not only affect humans, but also pets and wildlife.

- Humans – Mosquitoes affect humans in many ways. Not only are they a nuisance at picnics and other gatherings, some mosquitoes carry diseases that can harm humans. Also, some people are allergic to mosquitoes and develop red bumps or rashes when bitten.
- Pets – Pets can be seriously affected by mosquitoes. Dogs can develop heart-worms, which some mosquitoes may carry, and horses can contract equine encephalitis.
- Wildlife – Many wild animals are also affected by mosquitoes. Some animals will contract diseases much like humans and pets, while other can contract species-specific diseases that are just as harmful.



## WHAT DISEASES CAN MOSQUITOES CARRY?

- Malaria
- Dengue Fever
- Rift Valley Fever
- Yellow Fever
- Lacrosse Virus
- West Nile Virus



## WHAT IS WEST NILE VIRUS?

West Nile Virus is a mosquito-borne virus that can cause encephalitis (an inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord) in humans and other animals. It first appeared in the United States in September 1999, in New York City and has rapidly spread westward.

## HOW IS WEST NILE VIRUS SPREAD?

West Nile Virus is transmitted to humans through the bite of an infected mosquito. Mosquitoes get the virus by feeding on West Nile-infected birds.



## WHAT ARE THE SYMPTOMS?

### Mild symptoms include:

- Slight fever
- Headache
- Body aches
- Swollen glands
- Sometimes a skin rash



### Severe symptoms include:

- High fever
- Intense headache
- Stiff neck
- Confusion/disorientation