

To Your Health



Fight the Bite!

Getting Rid of Those Pesky Mosquitoes

Look around your home, yard and garden.

Are you making homes for a squadron of mosquitoes? You can reduce the population of mosquitoes in your neighborhood with some simple techniques that *Fight the Bite!*

Standing water is an attractive place for mosquitoes to lay their eggs.

Mosquitoes can hatch in a week or less, in as little as a half inch of water. If you get rid of still or stagnant water at least weekly, you will help keep mosquitoes from breeding and take a big step toward protecting yourself, your family and your neighborhood.



Tires are the most common mosquito breeding ground in the country.

And unmaintained pools – including children's wading pools – are also common sources. If tires are used for decoration or swing sets, drill holes in the bottom for drainage. For pools, clean and chlorinate even when not in use. Water in small wading pools should be changed or refreshed often.

Around the house, install and maintain doors and windows.

Assure that screens are tight fitting and without holes. Observe your rain gutters – are they in good repair and clear of leaves and other debris?

Look also at trash cans and recycling bins.

Remove water inside and underneath; cover the cans when not in use.



Is anything accumulating in your yard?

Garbage, cans, stumps, various debris can hold water or become homes or hiding sites for all types of unwanted insects and creatures. Remove old furniture, mattresses, or trash from the yards as these may give ticks a place to hide.

Take care of your yard and property.

It's not only a good thing to do from a community perspective; it also will provide a safer place for you and your family to live.



Keep an eye out for junk collection days, local mini-dump hours, tire drop off events and/or contact your garbage hauler to properly dispose of unwanted yard debris and materials.



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is a Health Education series from the Somerset County Department of Health. For information on additional health topics, please visit us at www.co.somerset.nj.us/health



For helpful checklists and further information, visit one of the following sites:

Somerset County Department of Health

www.co.somerset.nj.us/health

Centers for Disease Control and Prevention –

www.cdc.gov/westnile

or contact :

Somerset County Department of Health

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