

TIPS TO PREVENT MOSQUITO BITES

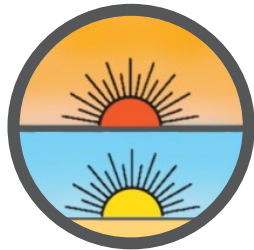


USE AN EFFECTIVE REPELLANT

Look for an EPA-registered mosquito repellent that contains DEET, picaridin, or IR3535.

DUMP OUT STANDING WATER

Get rid of water in buckets and other containers where mosquitoes can breed. Also be sure to change the water in bird baths, pet bowls, and kiddie pools at least once a week.

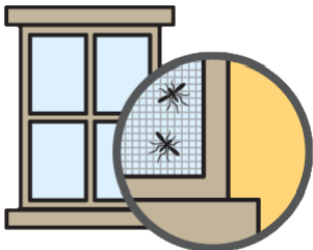


STAY INSIDE DURING PEAK BITING HOURS

Although mosquitoes can bite any time of the day, avoid being outdoors between dusk and dawn.

WEAR THE RIGHT CLOTHES

Keep mosquitoes away from exposed skin by wearing loose-fitting, light colored, long-sleeved shirts and pants. Treat clothes and gear with permethrin.



KEEP MOSQUITOES OUTSIDE

Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.

MOSQUITO-BORNE DISEASE FAQ'S

Who is at risk for mosquito-borne diseases?

Anyone can get a mosquito-borne disease, however there are certain groups that are more at risk. These groups can include:

- People who spend more time outside,
- Children,
- Adults over 50, and
- People with weakened immune systems

What are the common symptoms of mosquito-borne diseases?

Most people who develop a mosquito-borne disease don't show any symptoms. Mild symptoms can include fever, headache, body aches, rash, etc. Severe cases can include symptoms such as high fever, stiff neck, seizures, confusion, paralysis, coma, and brain swelling.

How are mosquito-borne diseases diagnosed?

If you think you are showing symptoms of a mosquito-borne disease, contact your healthcare provider for further diagnosis. Your healthcare provider can order tests to confirm a mosquito-borne disease based off your symptoms and any potential exposures, such as recent travelling or outdoor activities.

What is the treatment for mosquito-borne diseases?

Currently, there are no vaccines or specific treatments for most mosquito-borne diseases in Indiana. While mild cases typically go away on their own, some severe cases require patients to be hospitalized.



References: Centers for Disease Control and Prevention, Indiana Department of Health

MOSQUITO-BORNE DISEASES IN INDIANA



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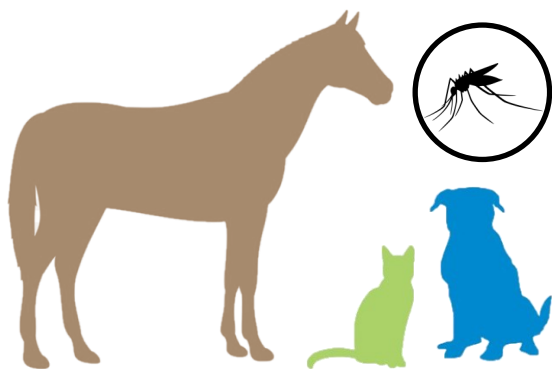
<https://health.elkhartcounty.com/en/>

BACKGROUND

There are more than 200 types of mosquitoes in the US, about 12 can spread diseases that make people sick while the rest are only considered a nuisance. Since we can't tell which mosquitoes are carrying diseases when they bite, it's important to protect ourselves and our animals from mosquito bites.

Mosquitoes can bite during the day and night, inside or outside our homes. As temperatures drop, they seek out warm places to survive the cold, such as garages, sheds, and the inside of homes. Mosquito season typically starts in the spring and lasts until the first hard freeze in the fall, although the climates of some states are favorable for year-round mosquito activity.

Mosquitoes not only carry diseases that can affect us, but they can also give diseases and parasites to animals. Some of these diseases are dog heartworm, eastern equine encephalitis (EEE), and West Nile virus (WNV). Vaccines and medications are available for certain diseases and parasites such as heartworm medication for dogs and cats, and preventative vaccines against EEE and WNV for horses.



WEST NILE VIRUS

West Nile virus (WNV) is the most commonly reported mosquito-borne disease in the United States. Mosquitoes pick up the virus from feeding on infected wild birds and can transmit it to humans, horses, and other mammals through their bite.

Most cases of WNV occur during mosquito season, which typically begins in the spring and continues through fall when mosquito activity is high. Most infected individuals



don't experience symptoms, however, about 1 in 5 infected people develop fever and other symptoms, with approximately 1 in 150 cases becoming severe or even fatal.

ST. LOUIS ENCEPHALITIS

St. Louis encephalitis (SLE) is a virus transmitted to humans by mosquitoes after biting infected wild birds. Transmission of the virus occurs primarily in late summer and early fall in temperate areas, and occurs year-round in the south. Most infected people don't have symptoms, but some may



experience flu-like symptoms. In severe cases, it can cause inflammation of the brain. The elderly are at higher risk of developing a severe case.

EASTERN EQUINE ENCEPHALITIS

Eastern equine encephalitis (EEE) is a virus spread to people by the bite of an infected mosquito.

While human cases in the United States are



rare, EEE can be very serious. Northern Indiana counties have a higher risk of EEE virus transmission due to being favorable habitat for certain mosquitoes.

It can cause flu-like symptoms or attack the nervous system (neuroinvasive), leading to inflammation in the brain and spinal cord. About 30% of neuroinvasive EEE cases result in death. Many of the severe cases who recover are left with long-term physical or mental disabilities, such as intellectual impairment, personality disorders, seizures, and paralysis.

LACROSSE ENCEPHALITIS

La Crosse virus (LACV)

is a mosquito-borne virus transmitted to humans through mosquito bites. These mosquitoes become infected after feeding



on small mammals such as chipmunks and squirrels. While many infected individuals do not have symptoms, some may develop inflammation of the brain. Severe cases primarily occur in children under 16 years old. Fatalities from LACV are rare, accounting for less than 1% of cases.