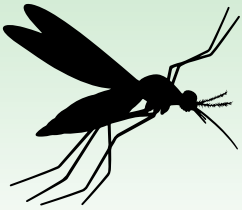
FIGHT THE BITE

Protect Yourself Against Diseases Spread By Mosquitoes

NYC Health



West Nile and Zika viruses are spread by mosquitoes

Disease	West Nile	Zika
Common symptoms	■ Fever ■ Headache ■ Fatigue ■ Body aches ■ Mild rash ■ Swollen lymph nodes	■ Fever ■ Rash ■ Joint pain ■ Red eyes
Who is at risk	■ Adults over 50 ■ People with weakened immune systems	■ Pregnant women ■ Women who are trying to get pregnant ■ Sex partners of women who are pregnant or trying

Protect Yourself

Limit your activity outdoors when mosquitoes are most active.

Use an insect repellent that has picaridin, DEET, oil of lemon eucalyptus or IR3535. Always follow directions on the label.

Wear long sleeves, pants and socks when outdoors.

Try to stay away from shaded, bushy areas—this is where mosquitoes like to rest.

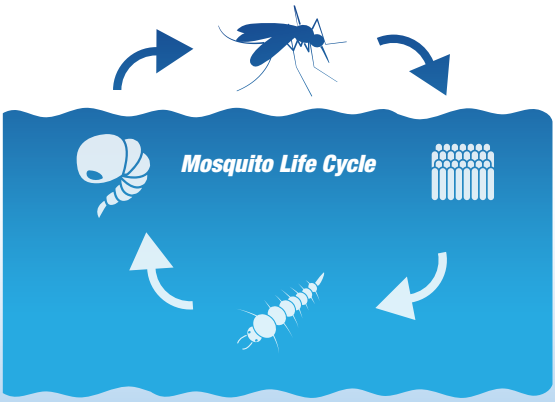
Make sure that your doors and windows have tight-fitting screens. Fix or replace screens that have tears or holes.

Reduce Mosquitoes Around Your Home

- Regularly check for and remove any standing water from your property.
- Get rid of items such as discarded tires, cans, plastic and ceramic pots and other containers that can collect standing water.
- When not in use, turn over plastic wading pools, wheel barrows and other items that cannot be removed or that are stored in your yard.
- Keep gutters clear and make sure they drain properly.
- Clean and maintain swimming pools, outdoor saunas and hot tubs. Drain and cover these items when not in use.
- Regularly clean and change water in bird baths.
- Maintain ornamental ponds by aerating them, stocking them with fish that feed on mosquito larvae or by adding products that have Bti *(Bacillus thuringiensis israelensis)* to the water.
- Call 311 to report standing water. The Health Department investigates all reports of standing water between April 1 and October 31.

Mosquitoes need water to lay their eggs.

We can all do our part to prevent them from breeding by removing and reporting standing water.



Learn How the City is Helping Control Mosquitoes

The City is working to control and reduce the number of mosquitoes by removing standing water, applying larvicide to kill young mosquitoes, spraying pesticide to kill adult mosquitoes and conducting testing to find high-risk areas for diseases spread by mosquitoes.

The Health Department follows the New York State Department of Environmental Conservation and federal Environmental Protection Agency requirements when spraying, and it only sprays for mosquito control at night or during early morning hours. The Health Department alerts the public of truck or helicopter spraying events at least 24 to 48 hours before the event.

Keep Yourself and Your Family Safe From Pesticides

The risks of pesticides to people and pets are low. Some people who are sensitive to spray ingredients may experience short-term eye or throat irritation, or a rash. People with respiratory conditions may also be affected.

Follow these steps to stay safe:
Stay indoors during spraying
Close air conditioner vents, or choose the recirculate setting
Wash outdoor equipment and toys with soap and water after spraying
Always wash fruits and vegetables with water before cooking or eating
If you are directly exposed to pesticides, wash your skin and clothing with soap and water

If you experience serious reactions to pesticide spraying, call your doctor or the NYC Poison Control Center at 1-800-222-1222.

For more information on how to protect yourself from mosquitoes, call 311 or visit **nyc.gov/health/mosquito**.

For information about Zika, including travel warnings and alerts, visit **nyc.gov/health/zika**.

For updates on mosquito spraying, sign up for NotifyNYC, follow the Health Department on Twitter at @nycHealthy, call 311 or visit **nyc.gov/health/mosquito**.

For more information about insect repellent, go to **nyc.gov** and search **Insect Repellent**.

To report standing water, go to **nyc.gov** and search **Standing Water** or call 311.