

OUTDOOR ACTIVITIES INCREASE YOUR RISK OF MOSQUITO BITES

Keep Mosquitoes Out



Screen your windows
and doors

Keep Mosquitoes Away



Wear long sleeved
shirts, long pants,
and a hat

Spray bare skin
and clothing with
repellent



Use area Repellents

Stay away from Mosquitoes



Stay indoors from
dusk to dawn

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**COWLITZ COUNTY
MOSQUITO
CONTROL DISTRICT**



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MOSQUITO
CONTROL DISTRICT**

PERSONAL PROTECTION TO PREVENT MOSQUITO BITES



**HELP US HELP YOU
FIGHT THE BITE!**



WHY IS PROTECTING YOURSELF FROM MOSQUITO BITES IMPORTANT?

Most people think of mosquitoes as an irritating nuisance. But mosquitoes are much more than that. They are the most successful disease-carrying insects in the world. In Cowlitz County, we currently have 21 different types of mosquitoes, with more species arriving each year. Unfortunately, some of these mosquitoes are known to carry West Nile virus, and other potentially harmful diseases.

The Cowlitz County Mosquito Control District takes mosquitoes seriously. We are not as worried about the nuisance factor as we are the public health issues posed by mosquitoes. We do our best to control the mosquitoes in our county, but we can't do it alone. We need you. By using common sense, and taking a few simple precautions each day, you can help us, help you 'fight the bite!'

THE IMPACT OF MOSQUITOS

Worldwide, mosquito-borne diseases kill more people than any other single factor.

MOSQUITO BITES

Only the female mosquito bites. She uses the blood from animals and people to make eggs. A mosquito bite can cause:

- Itching from an allergic reaction to the injected saliva that prevents blood clotting.
- Swelling from extra blood sent to the bite area.
- Secondary infections from bacteria introduced into a scratched bite.
- Mosquito-borne diseases received from mosquito bites can include: West Nile virus. St. Louis Encephalitis, Western Equine Encephalitis, and malaria.

FIRST AID FOR MOSQUITO BITES

Should you or a family member receive a mosquito bite, use the following suggestion for relieving the itch.

- Wash the bite wound with soap and water
- Apply anti-itch medications
- Apply a cold cloth to help reduce swelling
- Watch for secondary bacterial infections
- Call your doctor should a secondary infection occur.

**HELP US HELP YOU
FIGHT THE BITE!**

PROTECTING YOURSELF AND YOUR FAMILY FROM MOSQUITO BITES

USE SCREENS

Replace, repair, or install screens on doors, windows, and vents.

STAY INDOORS FROM DUSK TO DAWN

Mosquitoes are most active from dusk to dawn, so limit your contact by staying indoors. If you must go outside, dress appropriately and use effective mosquito repellents.

DRESS TO PREVENT MOSQUITO BITES

When temperatures fall after the sun goes down, wear long sleeved shirts, long pants and a hat.

USE MOSQUITO REPELLENT

Mosquito repellent does not kill mosquitoes, it repels them. The active ingredients make you unattractive to mosquitoes. The three most effective ingredients in mosquito repellent are:

- DEET
- Picaridin
- Oil of Lemon Eucalyptus

Most mosquito repellents are to be used when you are outdoors and should be washed off when you come indoors. Read and follow all label directions. Do not put repellent in your

USE AREA REPELLENTS

Use mosquito coils or lanterns if you wish to sit outside at night.