

## What Can You Do To Help?

**The objective is to eliminate all sites where mosquitoes can breed and reduce adult mosquito resting places.**

- Dump water holding containers (buckets, drums, bottles, tin cans, wheel barrows, potted plant trays, troughs, swimming pool, wading pools, etc.)
- Empty water that collects in tarps that cover wood piles, boats, etc.
- Dispose of old tires and drill holes in them to allow them to drain
- Scrub and Replace water in pet water dishes, flower pot bases and birdbaths once a week
- Drain or fill in low places in yard – ruts or puddles
- Clean leaves and debris from gutters
- Clean and cut grass around ditches to allow water to flow freely.
- Cut grass, pull weeds and trim shrubs around your home to prevent adult mosquitoes from hiding in these areas.

## About Suffolk Mosquito Control

The City of Suffolk Mosquito Control conducts an Integrated Mosquito Management (IMM) program. The program is organized to reduce annoyance and limit the outbreak of mosquito transmitted disease, so that the citizens of Suffolk may engage in normal pursuits and recreational pastimes.

## How Mosquito Control Helps

- Application of pesticides to kill all stages of mosquitoes:
  - Larvae
  - Pupae
  - Adult Flyers
- Surveillance of mosquito populations and diseases in order to determine the right course of action and proper application of pesticides.
- Mosquito briquettes are provided free to Suffolk Citizens. They are available at the Municipal Building and your local Fire Station. (Tip: Crush briquettes and spread them over stagnant water sources for greater coverage)

**All treatments utilize materials approved by the EPA for mosquito control and are selected to minimize non-target impacts and for the greatest margin of safety to the public.**

# City of Suffolk Mosquito Control

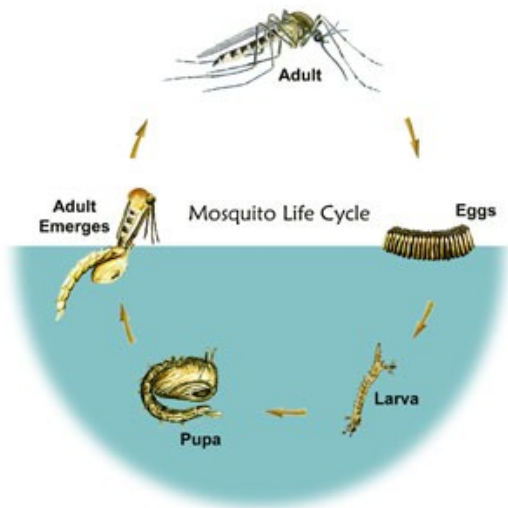


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Suffolk, VA 23434**

**514-7609**

**[www.suffolk.va.us/pub\\_wks/mosquitoes/](http://www.suffolk.va.us/pub_wks/mosquitoes/)**

## Did You Know?



- Mosquitoes require water to lay eggs and for their development into larvae and pupae. Finally flying adult mosquitoes emerge from the pupae.
- Only female mosquitoes bite. The blood meal from a bite is used to provide food to the developing egg.
- Male mosquitoes feed primarily on plant nectar.
- Mosquitoes are most active during the hours of dawn and dusk.
- Mosquitoes are more than just a nuisance: they can transmit disease to people.

## Remember . . .

**1 in 300 people bitten by an infected mosquito get sick**

**1 in 150 of those people who get sick become seriously ill**

**1 in 150 of those people who become seriously ill, die**

- Decrease the likelihood of being bitten by an infected mosquito by following these tips.

## Tips for avoiding and repelling mosquitoes

- Wear long sleeve shirts, long pants, shoes, socks, and light colored clothing during high incidence of mosquitoes.
- Avoid wearing perfumed soaps, sprays or other sweet smelling formulations because mosquitoes are attracted to them.
- Use insect repellent with DEET. Carefully follow label directions. DEET is safe for individuals ages 2 and up.
- Avoid activities during peak mosquito hours: dawn and dusk.

## Mosquito Borne Diseases in the City of Suffolk

Mosquito borne diseases are diseases that can be transmitted through the bite of an infected mosquito. In Suffolk, West Nile Virus and Eastern Equine Encephalitis are the two most common types.

### • West Nile Virus (WNV)

A mosquito borne virus can cause encephalitis (brain inflammation) or meningitis (inflammation of the lining of the brain and spinal cord). Symptoms include: fever, headache, body aches, stiff neck, swollen glands, skin rash, and mental confusion. Symptoms generally appear in 3 to 6 days. Children and people over age 50 have a greater risk of severe illness.

### • Eastern Equine Encephalitis (EEE)

A mosquito borne virus can cause encephalitis (brain inflammation). Symptoms include: mild flu-like illness, fever, headache, sore throat, stiff neck, seizures, and coma. Symptoms generally appear in 4 to 10 days. Children and people over age 55 have a greater risk of severe illness.

- Protect you and your family by following the tips in this pamphlet to decrease mosquito breeding sites and avoid and repel mosquitoes.