



PRESS RELEASE

FOR IMMEDIATE RELEASE

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Reduce Your Risk from Mosquito Borne Virus

Mosquitoes can spread viruses such as Chikungunya, La Crosse virus, West Nile virus, Dengue and Eastern Equine Encephalitis to humans.

Chikungunya virus is an emerging disease in the United States. This disease is transmitted to humans by infected mosquitoes. It is not transmitted from person to person. At this time, all cases in the United States have been linked to returning travelers.

Officials encourage anyone traveling to the Caribbean, East Africa and the Western Pacific region to be aware of Chikungunya illness and ways to prevent it. Symptoms of the disease include acute onset of fever, headache and arthritis like joint pain.

The best way to reduce your risk from mosquito borne disease is by eliminating mosquito breeding sites and protecting yourself from mosquito bites. Take these simple steps to protect yourself and others.

1. **Prevent getting mosquito bites:**
 - Reduce time outdoors during early morning and evening hours when mosquitoes are most active.
 - Use mosquito repellents containing DEET or other EPA approved repellent (includes Oil of Lemon Eucalyptus). Use as often as recommended by product directions to achieve the best protection.
 - Spray clothing with a repellent containing permethrin to offer another layer of protection
 - Cover skin with light colored, long pants and long-sleeved shirts
2. **Immediately seek medical care** if person develops fever within two weeks of returning home from travel abroad.
3. **Getting rid of standing water is the most important thing you can do to prevent mosquitoes around your home & our community. Take these simple steps to “Tip and Toss” standing water.**
 - Look around your home or neighborhood for items that can hold water – like cans, bottles, tires, flower pots, and tree stumps. Tip and Toss standing water.
 - Get rid of water on plastic covers on woodpiles, sand boxes or pools.
 - Change the water in bird baths and pet bowls at least two times a week.
 - Fix leaky outdoor faucets.
 - Cover rain barrels with tight-fitting screens or lids.
 - Keep gutters clean.
 - Stock ponds with fish that will eat mosquito larvae. Treat water with products from a local hardware store that will kill young mosquitoes.

For more information: CDC website: www.cdc.gov/chikungunya/

For more information, please feel free to contact Elizabeth Junak at 626-4920 ext. 2128 or at ejunak@cravencountync.gov.

Craven County Health Department is committed to “Working Together for Your Health.”