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## A Message from the Irvington Health Department

### Frequently Asked Questions: Mosquitoes and the Zika Virus

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The Honorable Tony Vauss  
Mayor

Dr. Monique S. Griffith  
Acting, Director of Health

As we approach the spring and summer, the Irvington Health Department wants to remind you of the importance of protecting yourselves from mosquito bites and the spread of viruses, such as the Zika virus. If you have any additional questions or concerns related to any health-related matter, please feel free to contact the Department at 973-399-6647 or 6716.

#### What do we know about the Zika virus?

- Though no vaccine occurs to prevent the Zika virus, you can protect yourself by avoiding mosquito bites.
- Mosquitoes that spread the Zika virus bite mostly during the daytime.
- You can prevent the sexual transmission of Zika by using condoms or abstaining from sexual intercourse.

#### What steps can I take to prevent mosquito bites?

While the following steps are not guaranteed you can decrease the likelihood of a mosquito bite by:

- Wearing long-sleeved shirts and long pants.
- Staying in places with air conditioning and screens on windows and doors to keep mosquitoes outside.
- Sleeping under a mosquito net, if you are overseas or outside and unable to protect yourself from bites.
- Treating clothing and gear with permethrin or purchase permethrin-treated items.
- Using insect repellants that are registered by the Environmental Protection Agency (EPA) with one of the following active ingredients:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus
  - Para-menthane-diol

#### What can I do to control mosquitoes outside of my home?

- Evaluate the screens on your windows and doors to determine if they are in need of repair. Repairing broken screens will limit the number of mosquitoes that enter your home.
- Do not leave doors propped open.
- At least once per week, empty, scrub, turn over, cover or discard any items that hold water (e.g., tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers or trash containers).
- Consider using an outdoor flying insect spray where mosquitoes rest (e.g., dark humid areas) according to the label instructions.
- Evaluate cracks or gaps in septic tanks to determine if they are in need of repair. Mosquitoes tend to breed in damp, dark areas.
- Cover open vent or plumbing pipes using wire mesh with holes smaller than an adult mosquito.

#### What can I do to control mosquitoes inside of my home?

- Keep windows and door closed and consider using air conditioning, if desired.
- Keep mosquitoes from laying eggs inside of your home by emptying, scrubbing, turning over, covering or discarding any items that hold water (e.g., vases) on a weekly basis.
- Kill mosquitoes and treat where they rest inside of your home by using flying insect fogger or insect spray, as directed.