

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

To: City/Village Halls for cable access, community web site placement, community non-emergency information line/email list.

Summer 2023 **Mosquito and Tick Bite Prevention**

The warm temperatures we are experiencing this summer will allow the public to go outdoors and enjoy the nice weather. The CCBH has recently received a report from the state health department that several adult mosquito traps have turned up West Nile Virus (WNV) positive for mosquitoes in Cuyahoga County. It is normal this time of year to have some infected mosquitoes in northeast Ohio. It is important to note that historically, we start to see more infected mosquitoes later in July and peaking in August. **Now**, is the time that insect repellent should be used to prevent mosquito bites.

The Cuyahoga County Board of Health (CCBH) encourages the public to take precautions to prevent being bitten by mosquitoes and ticks. These include:

1. Utilizing insect repellent containing DEET, picaridin or lemon eucalyptus oil and follow label instructions.
2. Disposing of containers that collect water (buckets, tires, cans, flower pots, etc.) and eliminating areas of standing water. Unclogging all gutters so they drain properly
3. Emptying and refilling bird baths at least once a week
4. Cleaning, draining and covering pools or hot tubs if not in use
5. Tightly screen all doors/windows of your home
6. Wearing long-sleeved shirts and long pants when possible
7. Keeping children indoors during times of peak mosquito activity (1 hour before and after sunrise/sunset)
8. Walk in the center of trails to avoid ticks in the tall grass and bushes on the side
9. Wear long pants and shirts and tuck pants into your socks or boots and wear light colored clothing to spots ticks easier
10. Check your clothing after your walk to remove any ticks. When at home check your body again when in the shower.

Symptoms of West Nile Virus, a disease spread by mosquitoes, include high fever, headaches, muscle aches, vomiting and loss of appetite. If symptoms persist two (2) to ten (10) days after a mosquito bite, you should seek medical attention and advise your doctor of the prior exposure to biting mosquitoes. Symptoms of tickborne disease include fever, headache, joint pain, muscle aches, fatigue or a rash soon after a tick bite. The public should monitor themselves for several weeks after a tick bite for these symptoms.

Please contact the Board of Health to report areas of persistent standing water or heavy populations of biting mosquitoes at (216)201-2000. For additional information please visit their website at www.ccbh.net. Let's all work together to help *Fight the Bite!*

Roderick Harris, DrPH Health Commissioner

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