

# Bergen BITES BACK

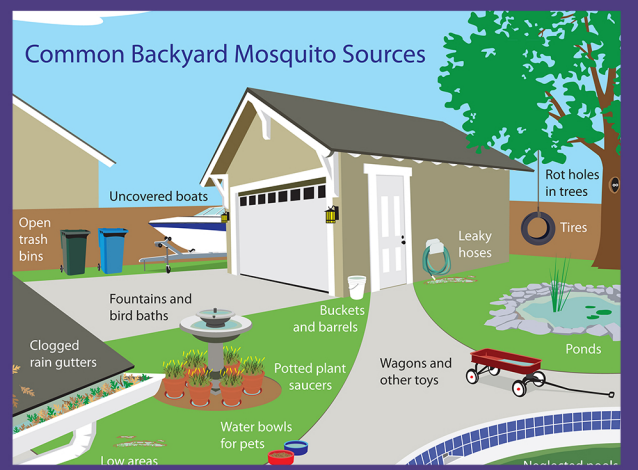


**MOSQUITO SEASON IS NOT OVER  
HELP US KEEP YOU AND YOUR FAMILY SAFE**

**TARGET MOSQUITO BREEDING SITES IN AND AROUND YOUR HOME**

**Prevent mosquito breeding sites by doing the following at least once a week:**

- Empty, clean, turn over and/or dispose of containers that can hold water, such as tires, buckets and flower pots, both inside and outside of your home
- Clean drains and gutters
- Keep swimming pools/ponds adequately treated with recommended products to eliminate mosquito breeding sites



## MOSQUITO PROTECTION

Use screens on open windows and keep doors closed.



Wear long-sleeved bright colored clothing. Use permethrin-treated clothing and gear.

Use an EPA- registered insect repellent. Follow label instructions. Remember to apply sunscreen first, then insect repellent.



## DID YOU KNOW?

- Water + 7 Days= Mosquitoes
- Litter Free Property = Less Mosquitoes
- The **Bergen County Clean Communities Program** offers Mini-grants to non-profit groups in exchange for clean-ups of public property.
- There are over 60 species of mosquitoes in New Jersey

**Different mosquitoes carry different viruses that spread diseases:**

TYPE OF MOSQUITO	TYPE OF VIRUS	BITING HABITS
<i>Aedes aegypti</i> , <i>Aedes albopictus</i> , <i>Culex species</i>	Chikungunya, Dengue, Zika West Nile	Mostly daytime but can also bite at night

## IF YOU ARE BITTEN

**If you think you've been bitten by a mosquito:**

- Wash the bite with soap and water
- Put on calamine lotion to help stop the itching

**If you get sick after being bitten by a mosquito and suspect a mosquito-borne disease call your doctor. Tell your doctor where you have traveled.**



**COUNTY OF BERGEN**  
Bergen County Department of Health Services: 201-634-2600 | [www.bergenhealth.org](http://www.bergenhealth.org)  
Bergen County Clean Communities Program: 201-634-2782  
Mosquito Control in Bergen County: 201-634-2880

