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NEWS RELEASE

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Mosquito Season Is Here

Being Proactive Can Prevent Bites and Illnesses

Oklahoma City, Okla. – [Oklahoma City-County Health Department](#) (OCCHD) epidemiologists and consumer protection investigators remind residents to be proactive in preventing breeding grounds for mosquitoes that can spread illness especially after the torrential downpours Oklahoma City-County received over the past 24 hours.

OCCHD Public Health Protection Director Phil Maytubby said, “The best step in prevention is to remove any sources of stagnant water in kid’s toys, old tires, pet bowls, buckets, chimeneas, flower pots, wheelbarrows and even birdbaths. Mosquito larvae can mature in extremely small amounts of water like that contained in a bottle cap.” Survey your property after a rain to get rid of mosquito habitats.

OCCHD experts recommend using microbial larvicides commonly called dunks for standing water that cannot be drained as it kills larvae before they emerge as adult mosquitoes. The product can be found at most hardware and home improvement stores.

Residents can [Fight the Bite](#) by using the 3-Ds and a P of mosquito safety:

1. DRAIN standing water on your property.
2. DEET containing insect repellent when outside. (Picaridin, IR3535 or oil of lemon eucalyptus)
3. DRESS in long sleeves and pants that have been sprayed with repellent.
4. PROTECT by limiting exposure outside and check window screens

By not taking the precautions mentioned above, Oklahomans put themselves at risk for mosquito-borne illness, such as West Nile Virus (WNV). WNV is the most common mosquito-borne disease in Oklahoma, and it’s a deadly threat especially to Senior Adults. WNV symptoms include fever, headache, body ache and sometimes a rash.

Zika Virus is another mosquito-borne disease that is a rising threat with transmission reported in Miami, Florida and in Brownsville, Texas. Zika symptoms include a mild fever, skin rash, muscle and joint pain, and conjunctivitis. These symptoms usually last 2 to 7 days. Seek immediate medical care if symptoms worsen. Zika has been linked to the birth defect, microcephaly. If you are pregnant or plan to be in the future, we advise you not to travel to [areas of local transmission](#).

(more)

Mosquito-borne diseases are most often transmitted to people through a bite from an infected mosquito. It's important to note that people can transmit Zika to another person through sexual activity. If you have recently traveled to an area where mosquito-borne diseases are a threat, it's critical to use repellent even after you return home to prevent local mosquitoes from biting you and becoming infected.

About Oklahoma City-County Health Department

Established in 1954, Oklahoma City-County Health Department (OCCHD) is committed to protecting health, promoting wellness and preventing disease to ensure a healthy future for the Oklahoma County-area community. OCCHD was one of the first public health departments in the nation to receive accreditation by the Public Health Accreditation Board. For more information, please visit www.occhd.org.

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