

SAFETY TALK

Date:

Environmental Health and Safety Newsletter

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Mosquito Bites

Mosquito bites can be more than just annoying and itchy. They can spread viruses that make you sick or, in rare cases, cause death. Although most kinds of mosquitoes are just nuisance mosquitoes, some kinds of mosquitoes in the United States and around the world spread viruses that can cause disease.

Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

Using the right insect repellent and other preventive actions can discourage mosquitoes, ticks and other biting insects from landing on you. Here are tips for preventive actions you can take against mosquitoes.

Remove Mosquito Habitats

- Eliminate standing water in rain gutters, old tires, buckets, plastic covers, toys, or any other container where mosquitoes can breed.
- Empty and change the water in bird baths, fountains, wading pools, rain barrels, and potted plant trays at least once a week to destroy potential mosquito habitats.
- Drain or fill temporary pools of water with dirt.
- Keep swimming pool water treated and circulating.

Avoid Getting Bitten

- Keep mosquitoes away from exposed skin by wearing long-sleeved shirts, long pants, and socks.
- Tuck shirts into pants and pants into socks to cover gaps in your clothing where mosquitoes can get to your skin.
- Stay indoors when possible, especially if there is a mosquito-borne disease warning in effect.
- Use EPA-registered mosquito repellents when necessary and follow label directions and precautions closely.
- Use head nets, long sleeves and long pants if you venture into areas with high mosquito populations, such as salt marshes.
- Replace your outdoor lights with yellow "bug" lights, which tend to attract fewer mosquitoes than ordinary lights. The yellow lights are NOT repellents, however.

Department:	
Supervisor (please print):	
Supervisor Signature:	
Employee Participants: **Please Print Clearly**	Signature

Environmental Health and Safety

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by the department.