

Bergen BITES BACK

TARGET MOSQUITO BREEDING SITES IN AND AROUND YOUR HOME

Find mosquitoes before they find you! Join the *Bergen Bites Back* initiative.
Get your yard ready for mosquito season now!

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



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

Aedes aegypti,
Aedes albopictus,
Culex species

Chikungunya,
Dengue, Zika
West Nile

Mostly daytime
but can also bite at night



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.



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
Bergen County Clean Communities Program: 201-634-2782 • Mosquito Control in Bergen County: 201-634-2880

