



Beat the Bite!

Watch out for these itchy little pests this summer.



July 2015

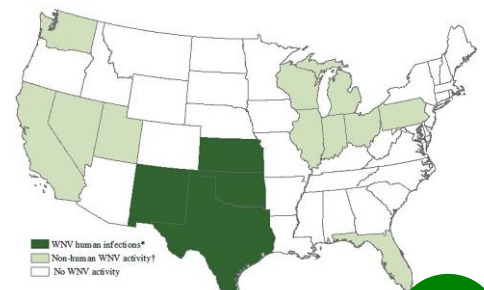
Delaware County Health Department



Avoid West Nile Virus by Looking Out for Mosquitos

West Nile Virus is on the rise this summer, with more reported cases than ever before health professionals are advising the community to take action to avoid this potentially fatal virus. The best way to avoid West Nile Virus is to prevent mosquito bites. Mosquitos become infected when they bite an infected bird and then transfer it to humans via bite. When a person becomes infected with West Nile Virus they have a risk of encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord). **The best ways to avoid mosquitos are listed below:**

- Use insect repellents that contain DEET when outdoors.
- If weather permits wear long sleeves, pants, and socks.
- Use candles, lanterns, and repellent strips that contain lemon eucalyptus
- Support your communities mosquito control program



Map of West Nile Virus 2015 Expectations, CDC

Inside

- Mosquitos.....Page 1
- Bed Bugs.....Page 2
- Fleas.....Page 2

Did You Know?

- Fleas have been on the planet for over 100 million years.
- The average flea lives for 2- 3 months.
- Bed Bugs can survive temperatures from freezing to nearly 122 degrees Fahrenheit.
- Only female mosquitos bite humans.

Fleas:

~ Fleas thrive in warm, humid environments and feed on the blood of their hosts. Fleas are hearty and nimble when they are searching for a host. Fleas have three pairs of legs that allow for excellent leaping capabilities. They can jump 10,000 times in a row, which can equal up to the length of a football field. Fleas are pests that not only harm humans but your animals as well. Fleas can attach to any part of a human or pet if they are infested. Signs to look for fleas on animals include flea droppings or flea dirt in a dogs coat or the in the dog's environment, allergic dermatitis, excessive itching, scratching and biting of skin, hair loss, scabs and hot spots, and pale gums. Fleas can consume 15 times their own body weight so it is important that we notice these signs before it is too late.

Treating Fleas:

~ Treating fleas is not an easy task. Start by eliminating the fleas from the outside, there are sprays that can be bought to provide a layer of protection around the house to prevent fleas from coming inside. To treat the inside of your house make sure all animals get a monthly dose of flea medicine and clean all carpets that can host the fleas before they reach human or animal contact.



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Important Dates in July:

Delaware County 4-H Fair- July 13, 2015- July 25, 2015

- Delaware County Fair Grounds
- Rides begin 20-25th

World Hepatitis Day- July 28, 2015

- Tweet #4000voices to use your voice to call to action the awareness of Hepatitis.

Farmer's Market in Minnestrista is every Saturday and Wednesday all summer long.

For more information on these pests vist CDC.gov

Bed Bugs...A Long Time Pest

Although bed bugs do not transport harmful viruses they can cause a great deal of physical and psychological discomfort. The saliva contains biologically active proteins, which may cause progressive allergenic visible skin reactions from repeated bites. Symptoms of a bed bug bite include raised, inflamed, reddish weal at each bite site. They may itch intensively for several days before subsiding. Bed bugs are often hard to control, they like to harbor and reside in cryptic spaces and can be easily transported on luggage, furniture, boxes, and clothing. Bed bugs thrive where there is a large amount of cracks and tight areas. Cluttered bedrooms allow for an ideal environment for bed bugs. Removing clutter and hiring an exterminator should get rid of bed bugs.

Bed Bug Myths

Myth: You can't see bed bugs.

Reality: You will see adult bed bugs, nymphs, and eggs.

Myth: Bed bugs live in dirty places.

Reality: Bed bugs are not attracted to dirt and grime; they are attracted to the warmth and tight spaces.

Myth: Bed Bugs won't come out if the light is on.

Reality: While bugs prefer darkness, keeping the light on at night will not stop bugs from biting you.

Myth: Pesticides alone will eliminate bed bugs.

Reality: Pesticides alone cannot fight off these pests.

One must get rid of clutter, trash, and air flowing inside.

