



# How to Protect Yourself from Mosquito Transmitted Diseases

According to the Center for Disease Control, children up to the age of 12 and adults 50 and over are most susceptible to mosquito transmitted viruses. Follow these steps to protect yourself from getting infected.

## Prevent Mosquito bites:

**Wear repellent.** (Good products include one of the following ingredients: DEET, Picardin (KBR 3023), IR3535, or oil of lemon eucalyptus)

**Have your window screens checked for holes and repaired.** This keeps the mosquitoes from flying in your house. A fan placed near the door, blowing out can also help.

## Prevent Mosquito breeding:

**Check for standing water in items around your yard.** It only takes a small amount of water for a mosquito larva to grow into an adult.

## Signs and Symptoms of Mosquito Transmitted Diseases:

**Mild Symptoms include:** fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body) and swollen lymph glands.

**Severe Symptoms include:** neck stiffness, stupor, muscle weakness, disorientation, coma, tremors, convulsions and paralysis.

**For more information:** check out our website at [www.coj.net](http://www.coj.net) or call 630-CITY(2489)

