



Prevent mosquito bites:

- Wear long pants, a long-sleeved shirt, and socks
- Wear light coloured, tightly woven, loose fitting clothing; mosquitoes are attracted to dark colours and can still bite through thin clothing that lies on the skin
- Place mosquito netting over infant carriers
- Take extra care to use repellent and protective clothing from dusk to dawn – period when mosquitoes are most active – and at any time in shady, wooded areas, or consider avoiding outdoor activities during these times
- Check screens for fit and holes and don't leave unscreened doors and windows open
- Use an insect repellent that has "DEET" or "icaridin"; always read and follow label directions

Reduce mosquito populations:

Drain standing water at least once per week to get rid of mosquito breeding sites

- Empty water from flower pots, pool covers, buckets, barrels
- Turn over plastic wading pools and wheelbarrows when not in use
- Clean clogged eavestroughs regularly
- Remove unused items (e.g., tires) that can collect water
- Change the water in birdbaths at least once per week
- Cover all rain barrel openings with screens
- Aerate private ornamental ponds to keep surface water moving or you can treat them with an approved mosquito larvicide such as Bti if they do not have an outflow into natural waters

For more information call Ottawa Public Health at **613-580-6744** or visit OttawaPublicHealth.ca/WestNileVirus