

# 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



## 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.



## 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
<i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Mostly daytime but can also bite at night
<i>Culex species</i>	West Nile	Evening to morning

## 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

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Bergen County Department of Health Services: 201-634-2600 | [www.bergenhealth.org](http://www.bergenhealth.org)  
Bergen County Clean Communities Program: 201-634-2782

Mosquito Control in Bergen County: 201-634-2880 | More info: [www.cdc.gov/zika](http://www.cdc.gov/zika), <http://nj.gov/health/cd/zika/>



Learn more about **Bergen Bites Back** and  
the **Zika Virus** at [www.bergenhealth.org](http://www.bergenhealth.org)

