

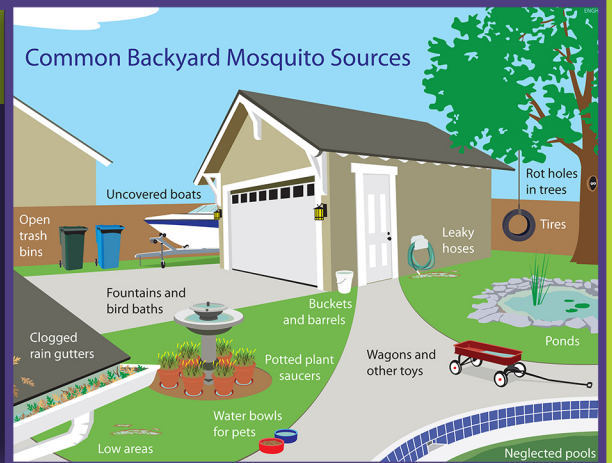
# Bergen BITES BACK

## 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](http://www.bergenhealth.org)

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

