

Fight the Bite: Protect Yourself and Your Family from West Nile Virus

Increases in precipitation and temperatures mean an increase in mosquitoes!

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Contact: Greg Rajnowski, Environmental Health Director

970-874-2165 | eh@deltacounty.com

Delta County Health Department wants to remind residents now is the time to fight the bite! Mosquito breeding increases with warm temperatures and standing water. Each summer, Delta County partners with mosquito control districts to trap and test mosquitoes for West Nile virus (WNV). Last summer, the first mosquitoes to test positive for WNV in Delta County were collected on July 28th in the North Delta area. In Colorado, most human WNV cases are reported between August and September.

Protecting yourself from mosquito bites is the best way to prevent infection with WNV. Use insect repellent, wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes indoors and outdoors. There are no vaccines to prevent or medications to treat WNV in people.

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Drain: It is important to empty areas of standing water to reduce mosquito breeding (pots, planters, old tires, rain gutters). If you cannot drain the water every few days, please consider treating it with larvicide (sometimes called "mosquito dunks"), killing mosquitoes before they become adults that can transmit the virus.

Dress: Wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes your exposure in the early morning and evening hours while outside.

Defend: When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. There are no vaccines to prevent or medications to treat WNV in people. Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the active ingredients like DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), or 2-undecanone.

For more information: <https://www.deltacounty.com/451/Animals-Insects>

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