



MOSQUITO CONTROL

How to prevent mosquito breeding sites in and around your home

The *Aedes* mosquito can transmit dengue, chikungunya and Zika

- 1 Make sure all tanks, water deposits and containers are covered and sealed to keep out mosquitoes
- 2 Change the water and brush the insides of sinks and water barrels at least once a week
- 3 Pour out water from flower pots and planters and replace with damp sand
- 4 Turn over containers that cannot be thrown away and protect them from rain
- 5 Change the water in flowers vases at least once a week, pouring the used water out over the ground
- 6 Safely dispose of any unused containers and objects that can accumulate water and serve as breeding sites
- 7 Keep swimming pools adequately treated with recommended products and frequency
- 8 Change the water in pet bowls at least once a week
- 9 Clean all drains and gutters
- 10 Keep grass short and weed-free, and keep your patio clean

No breeding sites, no mosquitoes, no dengue, chikungunya or Zika

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Pan American Health Organization
World Health Organization
REGIONAL OFFICE FOR THE AMERICAS

Zika is primarily spread by mosquitoes that have not yet been found in New Hampshire. These mosquitoes are present in states south of us, such as Massachusetts. An important part of keeping Zika out of New Hampshire as long as possible is making sure that we identify and remove mosquitoes that are able to spread Zika as soon as they are identified. New Hampshire already has established programs in place to combat mosquitoes as part of New Hampshire's cities' and towns' fight against West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEE). More information about mosquito programs in New Hampshire is available on the New Hampshire Bureau of Infectious Disease Control's website (<https://www.dhhs.nh.gov/dphs/cdcs/arboviral/documents/arboviralresponse.pdf>).

WHAT CAN YOU DO TO STOP THE SPREAD OF ZIKA?

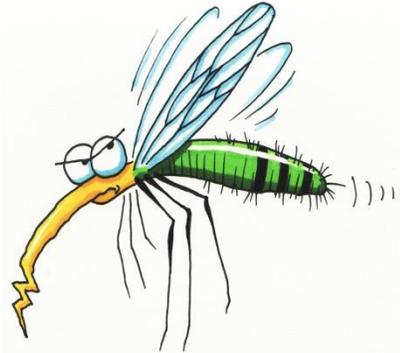
You can protect yourself from getting bitten by mosquitoes by taking a few precautions. When you protect yourself from getting bitten you are helping to stop the spread of Zika. There are three simple steps to preventing mosquito bites:

- Eliminate standing water and other mosquito breeding locations. In warm weather, mosquitoes can breed in any puddle that lasts more than 4 days.
- Be aware of where mosquitoes live and breed and keep them from entering your home. Mosquitoes can enter homes through unscreened windows or doors, or broken screens. Avoid mosquito habitat, if you can, while traveling or enjoying the outdoors.
- Protect yourself from mosquito bites. Wear protective clothing such as long pants, long-sleeved shirts, and socks, and consider the use of an [effective insect repellent](#).



HIRING PEST CONTROL SPECIALISTS

If you would like to hire a pest management professional regarding mosquitoes on your property, a list of professionals can be found on the New England Pest Management Association website at: http://www.nepma.org/profinder_nh.html



NEW HAMPSHIRE MOSQUITO PREVENTION

For more information on how to prevent mosquito bites, visit the NH DHHS webpage on [preventing mosquito-borne diseases](#). You can also click on the images below for further resources.

Mosquito Control and Pesticides in New



STATE OF NEW HAMPSHIRE
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF PUBLIC HEALTH SERVICES



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PREVENTING DISEASES SPREAD BY MOSQUITOES

In New Hampshire, some mosquitoes can transmit Eastern Equine Encephalitis (EEE) and West Nile virus (WNV). Since 2003, several NH residents have been diagnosed with EEE and WNV and some have died. People became sick between late July and early October. The best way to prevent both EEE and WNV is by avoiding mosquito bites. Residents can take simple and inexpensive precautions to avoid being bitten by mosquitoes and to eliminate mosquito breeding sites.

What is the best way to avoid mosquito bites?

When mosquitoes are active, take the following precautions:

- ✓ If outside during evening, nighttime and dawn hours, or at any time mosquitoes are actively biting, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- ✓ If outside during evening, nighttime and dawn hours, or at any time mosquitoes are actively biting, consider the use of an effective insect repellent.
- ✓ Repellents containing DEET (N, N-diethyl-methyl-meta-toluamide) have been proven effective. No more than 30% DEET should be used on adults or children.
 - The American Academy of Pediatrics (AAP) Committee on Environmental Health has updated their recommendation for use of DEET products on children, citing: "Insect repellents containing DEET with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels."
 - AAP recommends that repellents with DEET should not be used on infants less than 2 months old.

MOSQUITO CONTROL AND PESTICIDES IN NEW HAMPSHIRE

Why should mosquitoes be controlled?

The most important reason to control mosquitoes is to reduce the likelihood of diseases such as Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV) being transmitted to people through mosquito bites.

What are the primary methods used for mosquito control?

The life cycle of a mosquito consists of four distinct stages: egg, larva, pupa, and adult. Control of mosquitoes at each stage of development requires different pesticides with different methods of application. Larviciding is the application of chemicals or bacterial products to mosquito breeding areas to kill or inhibit the growth of mosquito larvae from developing into the adult form. Adulticiding is the application of fine "mists" of pesticide by spraying to bring about the rapid knockdown of large numbers of adult mosquitoes.

LARVICIDES

What types of larvicides are used in New Hampshire?

Common larvicides include Altosid (*Methoprene*), Vectolex (*Bacillus sphaericus*), and Vectobac (*Bacillus thuringiensis israelensis*). These products have been approved for mosquito control by the United States Environmental Protection Agency (U.S. EPA). Altosid mimics an insect growth hormone and prevents the development of adult mosquitoes from pupae. Vectolex and Vectobac contain bacteria that can damage the gut of the mosquito larvae that feed on the, causing the larvae to starve to death.