



## Lake County General Health District

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*Ron H. Graham, RD/RDN, LD, MPH, Health Commissioner*

**NEWS RELEASE**  
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**LAKE COUNTY GENERAL HEALTH DISTRICT**

### **LAKE COUNTY GENERAL HEALTH DISTRICT OFFICIALS EXPECTING AN INCREASE IN MOSQUITOES**

Lake County General Health District officials are expecting an extreme increase in the amount of mosquitoes in Lake County. Recent heavy rains in Lake County have left large areas of standing water, which is where mosquitoes lay their eggs. "The best advice is to get rid of standing water around your house if you can and use personal protection," noted Terry Kent, Supervisor of Mosquito Control at Lake County General Health District.

Kent provided the following tips for homeowners to keep mosquitoes from breeding in your backyard:

- Dispose of tin cans, old tires, buckets, unused plastic swimming pools, plastic covers or other containers that collect and hold water.
- Keep roof gutters unclogged. Clean gutters in the spring and fall.
- Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. Keep them covered when empty.
- Empty and change the water in bird baths, fountains, wading pools, rain barrels, and potted trays at least once a week, if not more often.
- Fill or drain puddles, ditches, and swampy areas and either remove, drain, or fill tree holes and stumps with mortar.
- Eliminate seepage from cisterns, cesspools, and septic tanks.
- Eliminate standing water around animal watering troughs.
- Irrigate lawns and gardens carefully to prevent water from standing for several days.

Lake County General Health District would also like to advise the following to protect yourself from biting mosquitoes:

- Avoid being outside at dawn/dusk. If you cannot avoid those times, use a repellent.
- Use an insect repellent containing 10% or less DEET (N, N-diethyl-methyl-meta-tolumide) for children – no more than 30% DEET for adults. Use repellents containing DEET according to label instructions.
- Do not use DEET insect repellent on infants or pregnant women.
- Do not allow young children to apply DEET insect repellent themselves. Store out of their reach.
- Apply DEET insect repellent to your hands and then to a child. Do not apply DEET insect repellent directly to a child.
- DEET insect repellent is effective for about four hours. Use small amounts over exposed skin and clothing. Do not use DEET insect repellent for a long period of time.
- Wash treated skin and clothing after returning indoors.
- Wear light-colored clothing.
- Wear long sleeved shirts, long pants, and socks if you go outside when mosquitoes are most active (from dusk until dawn).
- Avoid wearing perfume, cologne and aromatic scents.
- Make sure window and door screens are "bug tight". Repair or replace torn screens.
- Replace outdoor lights with yellow "bug lights".

If you have a concern about standing water, please call the Lake County General Health District at (440) 350-2543. If the standing water is on private property, permission will be needed to enter the property. For general information on mosquitoes and mosquito control, please visit the Health District's website at <http://www.lcghd.org/mosquito>.

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