

## What can YOU do to win this battle.

Because the *Aedes albopictus* can easily and rapidly increase its population, we need YOUR help! Together, as a team, Nassau County and you can combat the growth of mosquitoes, which can have serious and dangerous implications for your health and well-being. It is important that we take measures to eliminate these breeding grounds and stop the cycle BEFORE it begins.

**Here are some steps YOU can take to eliminate mosquitoes:**

- ✓ Eliminate standing water from containers such as flowerpot saucers, watering cans, buckets, old tires, recycling bins, and gutters.
- ✓ Store children's toys indoors or in a manner that prevents water accumulation.  
*Note:* some toys have inner compartments that can hold water.
- ✓ Change the water and clean bird baths.
- ✓ Empty water that collects in folds of tarps used to cover woodpiles, boats, pools, lawn furniture, etc.
- ✓ Clear leaves and debris to allow water to flow freely from drainage ditches and roof gutters.
- ✓ Filter ornamental ponds using a circulation pump or stock the pond with fish.
- ✓ Drain or fill-in puddles and areas of your yard that remain wet and soggy for more than a week.
- ✓ Maintain lawns groomed to prevent overgrowth.

## Protect Yourself

- ✓ Wear shoes and socks, long pants and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are more active.
- ✓ Check window and door screens and repair as needed to ensure that mosquitoes cannot enter.



For travel advisory and more information on Zika Virus and the *Aedes albopictus* at the Centers for Disease Control and Prevention website: [www.cdc.gov](http://www.cdc.gov)

For complaints concerning mosquitoes or standing water, contact the

**Nassau County Department of Public Works at  
516.571.6900**

For questions regarding mosquito surveillance, contact the

**Nassau County Department of Health at  
516.227.9698**



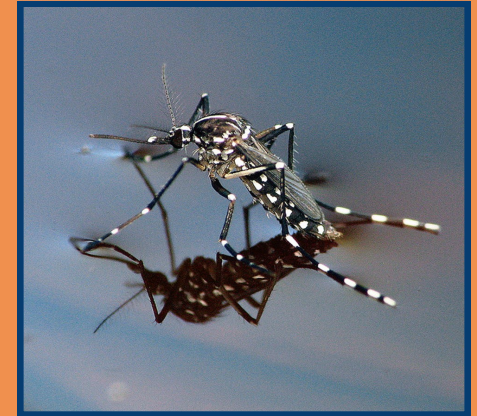
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## PROTECT YOURSELF from **ZIKA VIRUS**



***Aedes albopictus***

Zika virus is a disease that is spread to people primarily through the bite of an infected *Aedes* mosquito. The *Aedes albopictus* is a species, known as the Asian Tiger Mosquito, that can transmit the Zika Virus.

**NASSAU COUNTY  
MOSQUITO CONTROL PROGRAM**



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## What is Zika Virus?

Zika virus is a disease that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes).

The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they rarely die of Zika.

Zika virus has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had the virus while pregnant.

Learning about the virus and ways to prevent infection is important. Steps you take can help protect you from other mosquito-borne diseases too.

## What to do if you are pregnant or couples planning pregnancy.

Pregnant women and couples planning to get pregnant can protect themselves and their unborn children from Zika virus by taking the following precautions:

- Consider postponing travel to the areas where Zika virus transmission is ongoing.
- Consult with your doctor or other health care provider and strictly follow steps to avoid mosquito bites if you plan to travel to these areas.
- Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness.

## How does Zika virus spread?

Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant.

Zika virus can be spread by a man to his sex partners. The virus is present in semen longer than in blood.

While sexual transmission of Zika virus is possible, it is spread to people primarily through the bite of an infected *Aedes* species mosquito.

The mosquitoes typically lay eggs in and near standing water in things like buckets, animal dishes, flower pots, gutters and old tires. They are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

## Important Facts on the Asian Tiger Mosquito

**Scientific Name:** *Aedes albopictus*

**Appearance:** Black with striking white markings on the body.



**Characteristics:** Aggressive, quick biter; not easy to swat.

The Asian Tiger Mosquito is a day-time biter, unlike other mosquito species that usually come out in the evening,

**Favorite Meal:** Human blood needed for the female to lay her eggs.

**Peak feeding times:** daytime biter, with peak feeding activity at dawn and dusk.

### Eliminate them!

(by removing mosquito breeding sites around your home!)

Uncovered refuse containers and junk piles collect water in which mosquitoes can breed.

Clean up leaf litter, but do not rake leaves and other yard waste into gutters or storm drains. Doing so may prevent water from flowing and may create ponds that give mosquitoes a place to lay eggs and develop.

Clogged gutters will accumulate water and create a place for mosquitoes to breed

Mosquitoes will breed in any untreated water

Poorly maintained ponds and swimming pools can be breeding sites for mosquitoes.

Such items as toys, tires and gardening tools, when filled with water, can provide breeding sites for mosquitoes.

Leaky faucets provide water in which mosquitoes can breed.

Crawl spaces, attic vents and broken screens allow mosquitoes to enter your home.

