

# WATER FACTS

## Summer 2016: Mosquitos & Stagnant Water

While mosquitos are an important food source for many animals, they also are carriers for several common human diseases. Out of thousands of species, only three are responsible for spreading malaria, Zika virus, West Nile virus, dengue and yellow fever. Mosquitos thrive in warm, wet conditions, so countries that experience frequent rainfall and warm temperatures often have increased outbreaks of mosquito-borne diseases. Currently, the U.S. Centers for Disease Control and Prevention (CDC) suggests that travelers to Central or South America (including Mexico) as well as some Pacific Islands “practice enhanced precautions” due to active Zika virus transmission.



### Standing Water and Avoiding Bites

Mosquitos rely on stagnant water to reproduce, so eliminating these habitats can significantly reduce populations in your area. Roof gutters, bird baths, rain barrels and ponds are a few places that accumulate water and attract mosquitos. Dumping these out, changing water weekly, or stocking ponds with mosquito eating fish will reduce populations in your yard. If you have a rain barrel make sure there is a screen over the top. To avoid being bitten by mosquitos consider:

- Using an EPA-registered insect repellent
- Wearing long sleeves in areas with high mosquito populations
- Sleeping in a room with window screens or under mosquito netting

For more information and tips on staying healthy at home and abroad, visit the Dickinson Wellness Center: (717) 245-1663 or [dickinson.edu/wellnesscenter](http://dickinson.edu/wellnesscenter)

**Dickinson**



WELLNESS CENTER

Sources:

<http://www.cdc.gov/>

<http://animals.nationalgeographic.com/animals/bugs/mosquito/>

<http://dickinson.edu/wellnesscenter>



@ALLARMwater

| [dickinson.edu/ALLARM](http://dickinson.edu/ALLARM)