



Town of Sudbury

Board of Health

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MOSQUITO ADVISORY

The MA Department of Public Health has reported confirmation that West Nile Virus (WNV) has been found in mosquitos tested in nearby communities. This news should serve as a warning that mosquitoes pose a health threat between now and early October. Although the chances of acquiring WNV are remote, residents should be aware that this mosquito-borne virus could cause fever, meningitis or encephalitis. Early symptoms of WNV include fever, headache, stiff neck and muscle weakness.

Mosquitoes acquire WNV after biting an infected bird. Those mosquitoes can then transmit that virus to a person or to another bird. *Culex* mosquitoes that develop in water holding containers are the primary vectors of WNV.

During risk periods of mosquito related disease, residents should take preventative actions to avoid mosquito bites.

- Be aware that mosquitoes are active in damp shady areas, during cloudy humid days, at dusk, dawn and during the night.
- To protect yourself from mosquitoes, use mosquito repellent and wear protective clothing. Use repellents containing DEET, Picaridin or Oil of Lemon Eucalyptus and follow the directions on the label. Never use DEET on infants. Oil of Lemon Eucalyptus should not be used on children under three. Although uncomfortable during hot days, long-sleeve shirts and long pants can provide a layer of protection.
- Cover up the arms and legs of children playing outdoors. Baby carriages and playpens should be covered with mosquito netting.
- Fix any holes in screens and screen doors and replace worn weather stripping.

There are certain actions that residents should take to prevent mosquito development.

- To prevent a yard from becoming a source for mosquitoes, homeowners should make a thorough inspection of their property and remove any standing water sources. Empty, cover or treat any water-holding containers. At this time of year, mosquito larvae can complete their development in water within a week.
- Containers where mosquitoes commonly lay eggs include neglected swimming pools, water in loose fitting pool covers or tarps, unscreened rain barrels, rimless tires, and plastic toys.

If residents have any questions about mosquitoes or how to control them, contact the East Middlesex Mosquito Control Project at 781-899-5730

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