

Mosquitoes

Protect yourself



Mosquito bites can spread diseases while at home in Minnesota or on vacation.

What to do

Protect yourself from mosquito bites.

- Use EPA-registered bug spray to make sure the product you're using is safe and effective. Follow the product label and reapply as needed.
- Wear loose-fitting, long-sleeved shirts and pants.
- Empty standing water from around your home at least once a week to reduce mosquitoes.
- Repair screens on windows and doors to keep mosquitoes outside.
- Before you travel, visit a health clinic and check for any travel advisories. Precautions may be necessary to prevent malaria, Zika virus, and other diseases spread by mosquitoes.

What to know

Minnesotans know mosquito bites. But did you know that only some mosquitoes bite people and only some mosquitoes can make you sick? Unfortunately, it only takes one bite from an infected mosquito to make you sick. So be sure to prevent mosquito bites all summer long.

Every year people in Minnesota get sick from mosquitoes with illnesses caused by West Nile, La Crosse, and Jamestown Canyon viruses. The months of July, August, and September are the highest risk, so be especially alert this time of year. Watch yourself for symptoms and contact your doctor if you get sick with:

- Fever
- Headache
- Stiff neck

For more information

- **Minnesota Department of Health:**
<http://www.health.state.mn.us/mosquitoes>
- **CDC website:**
<https://wwwnc.cdc.gov/travel/page/yellowbook-home>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

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