



City of Meriden, Connecticut

DEPARTMENT OF HEALTH & HUMAN SERVICES



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West Nile Virus Prevention

April showers are here! As the weather turns warmer and outdoor activities pick up, the Meriden Department of Health and Human Services would like to remind residents to take precautions to protect against West Nile Virus (WNV). WNV is an illness caused by the bite of an infected mosquito. Mosquitoes become infected after feeding on birds that carry the virus.

The following are tips to protect against WNV:

- Minimize time outdoors at dusk and dawn, when mosquitoes are most active. If you are outside during this time, consider using mosquito repellent when outdoors and follow the directions on the label. The most effective repellents contain DEET or Picaridin.
- When using DEET, use the lowest concentration effective for the time spent outdoors (for example, 6% lasts approximately 2 hours and 20% for 4 hours) and wash treated skin when returning indoors. Do not apply under clothing, to wounds or irritated skin, the hands of children, or to infants less than 2 months of age.
- Be sure door and window screens are tight fitting and in good repair.
- Wear shoes, socks, long pants, and long-sleeved shirts when outdoors during dusk and dawn, or when in mosquito-infested areas, such as wetlands or woods.

Take these measures to reduce mosquitoes around the home:

- Look for standing water after rainstorms. Dump water out of any container or object that can hold standing water, such as ceramic pots, tires, and wading pools.
- Clean clogged roof gutters.
- Change water in bird baths on a weekly basis.
- Drain any collected water from pool covers on a weekly basis.
- Use landscaping techniques to eliminate areas where water can collect on your property.

If you have any questions please contact the Meriden Health and Human Services Department at 203-630-4226.