



**Date: September 4, 2018**

**FOR RELEASE THE WEEK OF:  
Immediate Release**

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Iroquois County Public Health Department reminds residents of preventable West Nile Virus or other mosquito-borne illness

According to Terry Eimen, Director of Environmental Health for the agency, The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin, oil of lemon eucalyptus or IR 3535 according to label instructions. Consult a physician before using repellents on infants.
- Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

Public health officials believe that a hot summer could increase mosquito activity and the risk of disease from West Nile virus.

Additional information about West Nile virus can be found on the Illinois Department of Public Health's Web site at <http://dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus> or by contacting the Iroquois County Public Health Department at 815.432.2483.