



**Public Health**  
Prevent. Promote. Protect.

# PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

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While we have been experiencing a mostly dry summer, the recent rain creates an opportunity for mosquito breeding. The Plainville-Southington Regional Health District would like to remind residents of some simple tips to reduce mosquitoes around their home and ways to avoid mosquito bites.

Around the home residents can:

- Do not allow water to stagnate in bird baths, boats or wading pools. Change the water weekly.
- Drill holes in the bottom of recycling containers so they do not collect water.
- Clean out clogged gutters.
- Discard old tires, cans and other items that may be collecting water.
- Turn over items like small wading pools and wheelbarrows when not in use so they do not collect water.
- Make sure screens on doors and windows are in good repair.
- Clean and chlorinate swimming pools that are not in use.

To protect against and avoid mosquito bites, residents can:

- Limit time outdoors at dusk and dawn when mosquitoes are most active.
- Wear shoes, socks, long pants, and a long-sleeved shirt when outdoors for long periods of time.
- Consider using insect repellent. Repellent must be used according to the directions and cannot be used on infants.

If you have any questions please contact the Plainville-Southington Regional Health District at 860-276-6275 or visit the Centers for Disease Control and Prevention Fight the Bite site:

[http://www.cdc.gov/ncidod/dvbid/westnile/prevention\\_info.htm](http://www.cdc.gov/ncidod/dvbid/westnile/prevention_info.htm) .